BBC goodfood
Middle East
April 2019
DHS15
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Easter treats

- Chocolate Easter nest cake
- Jammy middle Easter biscuits
- Lemon drizzle Simnel slices

easiest ever
midweek meals

Waste-free family suppers

Foodcation
Jumeirah at Saadiyat Island

Tried & Tasted
- The London Project
- Kizmet

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ALBA TERRACE

Immerse in the culinary shores of the Mediterranean as the days transcend to night.
By Tom Aikens



Game Changer

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Welcome to April!



It's time to whip out the mixing bowls, put on your apron and have some fun with flour this month as we have some cracking baking recipes inside this issue for Easter, which falls on April 21, 2019.

Impress guests with the showstopper on this month's front cover – the Easter nest cake is surprisingly easy to make and is perfect for letting the kids take charge with. The lemon drizzle Simnel slices are equally as scrumptious, combining zesty lemon with almondy, marzipan flavours, but be sure to save room for the lamb. Turn to page 52 for our mouthwatering one-pan lamb with hassleback potatoes – the wholesome recipe keeps things traditional and classic with rosemary, thyme and garlic, and makes for the perfect Easter lunch table centerpiece.

If you're entertaining friends and family this month, Tom Kerridge has prepared an excellent sharing-style menu, ideal for six to eight. The small plates bring big flavours with dishes like sea bass with wild garlic mayonnaise, braised lamb & goat's cheese pies, Southern-fried quail with blue cheese dressing and more *(page 40)*.

Inside, you'll also find a range of restaurant reviews and recommendations, including great spots to check out in Dubai, Abu Dhabi.

Happy cooking,

Sophie

Editor

WHAT WE'RE LOVING!



"For an easy-to-make lunch that's bursting with nutrients, try this month's chicken hummus bowl," says sales executive, Liz.



Online editor, Glesni says: "Try roasting your chicken a little differently this month. Our Thai green curry roast chicken is packed with flavour."



"Don't miss the chocolate checkerboard hot cross buns – split your batch of dough to make two types – you're sure to be back for seconds," says graphic designer, Froilan.

BBC goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C Iron Omega-3 Calcium Folate Fibre

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

YOUR SAY

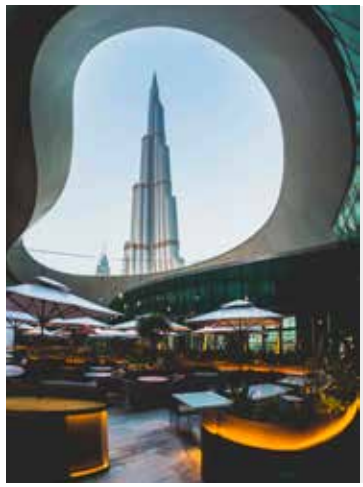
We love hearing from you!

star letter



Is it just me or does it feel like the hot weather is quickly fast approaching (to my dismay)? In light of this, I'm trying to fit in as much eating outside in the garden as possible, so last month's BBQ recipes couldn't have come at a better time. I really enjoyed the top tips on 'how to BBQ like a pro'. We recently bought a new grill, and knowing how to use it properly has our barbequed food tasting great – I'd recommend reading the tips if you're also new to barbequing. Thanks BBC Good Food ME.

Zarah Sayed



Thank you for the round-up of '4 new brunches to try' in the last issue of BBC Good Food Middle East. Like most Dubai residents, I love to brunch, but lately have been on the lookout to try somewhere new. Over the next few weeks, I'm going to try all four! So far, I've tried The Loft at Dubai Opera and absolutely loved it. Fantastic food, in a classy, upbeat atmosphere. Definitely recommend to those looking to impress their guests.

Deborah Jones



I travel quite a lot, but Bali is by far my favourite place to visit. I loved the article about Seminyak in the March edition; it's inspired me to book a return visit for later in this year. I wanted to know if anyone knows of anywhere in Dubai serving great Indonesian cuisine? I'd love to enjoy Bali vibes here in the UAE.

Jade Castro

WIN!

The winner of the 'star letter' this month will receive a Kuvings Juicer **worth Dhs1,000 from Tavola!** Tavola is the leading retailer for your favourite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in Tavola stores across the GCC and online at **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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STAY
DUBAI

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





Take a Thai cooking class

Fancy learning how to cook Thai cuisine at home? Step into the kitchen with Chef Nguyen Thanh at Thiptara, Palace Downtown and prepare yourself a sumptuous lunch. Learn all there is to know about essential Thai ingredients and tips on how to create the perfect starter, entrée and dessert. Finally, savour the fruits of your labour overlooking Burj Lake and enjoy performances by The Dubai Fountain. The class takes place daily from 3pm and is priced at Dhs450 per person for the class, lunch and house beverages. Advance booking is required, and classes will take place for a minimum of four bookings. Call 04-8883444 or e-mail dine@emaar.com

THE BEST BITES

REFORM'S 'ADOPT A DOG' BBQ

Reform Social & Grill has joined forces with Howl & Growl Pet Boutique to invite guests to support the region's non-profit organisations; Umm Al Quwain Stray Dogs Centre, PARA UAE, Ahmed's Rescues and 38 Smiles to find loving homes for all the lovely pooches that are up for adoption, all while enjoying BBQ grills and live entertainment from the 'Sound of Nomads' and children's activities.

In addition to the adoptions, pet-parents can begin the training process with Mark McFadyen of DOG TAG who has extensive experience of over 30 years in dog-training, working his way around all breeds. Learn everything about the core vaccines, simple ways to keep your pet healthy and happy as The Veterinary Hospital guide through the experiences of owning a pet.

Taking place from 3pm till 7pm on April 19. Call 04-4542638.

Text SOPHIE MCCARRICK | Photographs SUPPLIED

CHEF'S STORY

HUMBLE BEGINNINGS

In the second column of this series, celebrated Chef Izu Ani of IZU Brasserie, Izu Bakery, carine and GAIA, regales us with his first – and sweetest – food memories in the UK



I was born in Nigeria and when I was about six my mother said, "we're going on holiday to London." But it was never her intention to just have a holiday as 20 years later we were still there. It was in the 80s when you could get lost in the wilderness; nowadays that doesn't happen. I never knew my father. I have three siblings so the younger one and I went with my mum first and the other two joined us after.

I grew up in London and did all my schooling there. Whenever people ask me where I'm from I always say my heritage is Nigerian, but culturally I am British as that is where I spent my informative years and it would be disrespectful of me not to recognise that and I am British in many ways. London is a part of me.

I used to cook with my mum, but the thing is I cooked with her for a very limited time as she was working three jobs. My mum is the person I admire the most. I missed my childhood with her as she was never there because she was working so hard to support her children. She never gave up and she gave me the work ethic to never give up. We lived in a council estate in London and were very poor. She had four kids to feed with very limited refunds. This is what spurs me on even if I have a bad moment; I use that memory to pick me up and give me a kick up the backside.

My brothers and I took it in turns to do the weekly shopping with around £15 a week to buy groceries for the four of us, which is not much. One week one of my brothers lost the money and that was the toughest week ever. I would never want my kids to have to live through that, but it did toughen us up. I resist giving my kids everything they want, but at the same time I also want them to have some of the things that I didn't have. I'm also working towards equipping them for when they're grown up – I'm not giving them material things, but I'm giving them an education. An education is lots of different things: it's not just academics, it's life skills.

I haven't told this story to anyone before, but I remember my auntie coming to our house and she bought us all Snicker bars – actually they were then called Marathon bars. She gave one to my brother and he gobbled it all up straight away. Me? I had a tiny bight and then put it in the cupboard. I would go back every few days for another little bite. Every time I tasted it, I couldn't get over how amazing it tasted, and I just wanted that taste to last forever. I kept it in the cupboard for as long as I possibly could.

Of course, I've now recreated a dessert to take me back to that moment – a sophisticated take of the famous chocolate bar that transports you straight back to your childhood.

IZU Brasserie and Izu Bakery can be found inside Le BHV Marais in City Walk. Sun to Thur 11am to 11pm, Fri and Sat 11am to 1am. Call 04-4033030, visit lebhvmarais.ae/en/izu-brasserie. carine at Emirates Golf Club is open daily for breakfast, lunch at dinner. Call 04-4179885 or visit dubaigolf.com



Birthday brunch for free at all'onda

If your birthday falls within seven days of all-onda's weekly Friday brunch, the restaurant is now offering a complimentary birthday brunch pass to those who wish to celebrate (just make sure to bring your Emirates ID along to claim the offer).

Located at Kempinski Emerald Palace at Palm Jumeirah, the newly-launched Casanova party brunch is a great place to celebrate in style the Italian way. With a six-course Italian Venetian set menu served family style to your table, a never-ending buffet of fresh sushi and zesty salads, and an extensive beverage menu.

Overlooking the Dubai skyline and the Arabian Gulf, all'onda's rooftop terrace offers views of the city complemented by sounds of classic Hip Hop and RnB beats from DJ Mitchell.

Taking place every Friday from 1pm – 5pm. E-mail or reservations@allondadxb.com or call 04 248 8870.

NEW 3D DINING EXPERIENCE IN DUBAI



A new immersive 3D dining experience has launched at Dubai's World Trade Club. Located on the 33rd floor of Sheikh Rashid Tower, LMNTS is an immersive experience that has been created to amaze the diner by stimulating all five senses at the same time.

At LMNTS, the magic-like dining experience will be orchestrated through a combination of carefully crafted dishes representing the elements of nature with a holographic surround sound. Diners will be immersed into the experience, allowing them to be transported into an alternative new dimension.

The story of LMNTS unfolds itself with the five core elements that formed the planet – void, air, fire, water, earth – and is brought to life through a five-course gastronomic adventure, paired with beverages.

There's a choice of two daily LMNTS shows starting at 6.30pm and 8.30pm. The five-course menu is priced at Dhs525 for house beverage pairing and Dhs375 for soft beverages. Reservations can be made a minimum of 48 hours in advance by emailing wtc@dwtc.com

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

MasterChef the TV Experience, Millennium Place Marina

The world's first MasterChef the TV Experience restaurant will make its debut at the new Millennium Place Marina Hotel in Dubai Marina this April. The restaurant will showcase a dynamic menu featuring original dishes conceived by the show's champions and finalists, from the 60 territories where the reality television series is produced. Acclaimed chef Margarita Vaamonde-Beggs will head the kitchen at Millennium Place Marina. Guests arriving at the restaurant will instantly feel in familiar surroundings with its 'industrial' interior design, inspired by the recognisable setting of the TV series, complete with a dedicated bar. Call 04 309 9000.

Masala Library by Jiggs Kalra, JW Marriott Marquis Dubai

JW Marriott Marquis Dubai's newest restaurant opened last month. Masala Library is the magnum-opus of Mr. Jiggs Kalra, who is known as the 'Taste Maker to the Indian Nation'. The restaurant will focus on reviving traditional recipes from across ancient India, while presenting them in a unique and contemporary way. Located on the 4th floor, the restaurant consists of a premium dining area and a trendy bar area serving redefined Indian tapas dishes. Masala Library by Jiggs Kalra is at the forefront of cutting-edge cuisine, incorporating molecular gastronomy as an integral part of its menu. The restaurant's signature twelve-course Degustation Menu, a treat for epicureans, involves sampling small portions of all essential dishes and can be accompanied by a pairing. Some of the restaurant's signature dishes include quail recheado, grilled palm hearts, ashen kulfi and radhuni seabass with pui saag. Call 04 414 0000.

Jones the Grocer, Dubai Mall

Jones the Grocer has officially opened doors on the ground floor of Dubai Mall opposite the main entrance to Level Shoe District. True to its ethos of gourmet food for everyday living, the new outlet features a theatre kitchen, bakery, patisserie, artisan cheese and charcuterie rooms and a meat ager that dry ages choice cuts of meat. Diners can savour a modern food emporium that draws them in to eat handmade food, source gourmet food retail or linger over a creamy flat white. The Dubai Mall location also features a 100 seats balcony with views of Dubai Fountain, a children's play area and a Jones coffee caravan serving a selection of smoothies, juices and lattes. Highlights from the new grill menu include Moroccan spiced lamb shoulder on rosemary flatbread to Jones signature dry-aged Australian Black Angus tomahawk, Jones Wagyu burger with crumbed brie and chargrilled harissa chicken, plus much more.

Text by SOPHIE VOELZING | Photographs SUPPLIED

MasterChef the TV Experience, Millennium Place Marina



LIMA Dubai, The Square at City Walk

In celebration of its second birthday, Peruvian restaurant LIMA Dubai will host two special evenings on April 4 and 5. Famed for bringing Peruvian cuisine to the forefront of international gastronomy, LIMA restaurant co-creator and World No.6 chef Virgilio Martinez will be visiting Dubai to mark the occasion. Guests will have the opportunity to join an exclusive dining experience and enjoy a menu cooked by Chef Virgilio and LIMA Dubai Executive Chef, Diego Sanchez. Diners will savour a nine-course menu with the opportunity to meet the chef himself as he circulates throughout the restaurant. Menu highlights include The Diversity of Corn – an intricate dish showcasing the variety and versatility of this Peruvian staple ingredient, Raiz Purpura a signature dish from Chef Virgilio's Central restaurant and Selva - which features lucuma, a unique fruit from Peru beloved by the Inca. Taking place on April 4 and 5, with a 7pm arrival time, packages for the evening start at Dhs380. Call 056 500 4571 or e-mail reservations@limadubai.com.



BOCA, DIFC

On April 5, for one-night only an exclusive chef-farmer collab comes to BOCA in partnership with the house of Gonzales Byass. The 100% vegetarian menu is sure to impress with four paired courses that celebrate local ingredients and an impelling collaboration between restaurant, chef, farm and oenologist. This unique evening between BOCA and five UAE farms from the Western and Eastern regions of the country will feature ingredients such as whole roasted local cauliflower, homemade ricotta, charred local heirloom tomatoes, among other locally sourced ingredients. Dinner will also include a separate cheese course and a date and fig cheese cake. Taking place on April 5 from 7.30pm onwards, packages start from Dhs195 for four-courses with juice pairing. Booking is essential. Call 04-3231833 or e-mail hola@boca.ae

Fish Dubai, Le Meridien Mina Seyahi

Surrounded by strings of twinkling lights, cobbled pathways, Instagrammable tee-pees, Santorini-white picnic tables and unrestricted views of the Arabic Gulf, Fish Dubai has revealed it will now be able to stay open during the summer months. Originally an open-air dining concept, Fish Dubai was previously only operational across the cooler months, however, a new installation of removable glass windows means Fish Dubai can cater to all seasons, with space for up to 100 guests.

Menu highlights at Fish Dubai include the Kokorec: finely chopped seabass and seabream casserole cooked with green pepper, red pepper, spring onion, parsley and rice; traditional Greek Mousaka, and the Incik, a tender, slow-cooked lamb shank with root vegetables and potatoes, served alongside dark Ottoman rice. Call 04 511 7139.





Blue Jade, The Ritz-Carlton, Dubai

With interiors designed to evoke the romance of Southeast Asia, the skillfully prepared dishes emanating from the dramatic open kitchen, this April, Chef Ta Van and his team will transport you to a Thai food market in the famed Songkran New Year festival. This national holiday has been honoured as the means of transformation and change, and what better way to celebrate with family and friends over award-winning cuisine. Menu highlights include the classic Tom Yum soup, chicken and lemongrass salad, stir fry crispy seabass in chili tamarind sauce, prawn with cashew nuts and finished off with sticky rice and sweet coconut milk. Available from April 8-15, 2019, daily from 6pm to 11pm, a special four-course menu will cost Dhs220 per person. A la carte dishes starting from Dhs55. Call 04 399 4000.



Beef Bistro, Le Meridien Hotel & Conference Centre

If you're a steak lover, add newly-opened Beef Bistro to your dining list. The new, revamped concept of Beef Bistro has been carefully distilled to create a clear identity for the restaurant whilst rendering the feeling of walking into a chic yet understated bistro in France. With French specials reigning supreme on the menu, the adventurous can try appetizers like the Burgundy snails sautéed in a delicate blend of onions and garlic. Keeping the fare indulgent are additions like fois gras, home-made duck liver terrine, tarte flambe, and freshly shucked oysters. Look out for Chef's specials, including the classic beef bourguignon, slow-cooked short ribs livened up with a sublime artichoke puree, with a nutty finish of toasted sunflower seeds, among other delicacies. The menu also boasts of signature treats, including the likes of classic mille-feuille, vanilla crème brûlée, gâteau au fromage that are sure to excite ardent French dessert lovers. Call 04 702 2455.



Celebrate EASTER

The Collective By Market Café, Grand Hyatt Dubai

Boasting an egg-cellent Easter Sunday brunch, The Collective By Market Café invites its guests to pamper their taste buds over a grand buffet spread. Hop into the Easter frenzy as you take a seat amidst Grand Hyatt Dubai's serene indoor gardens, ready to egg-sperience a culinary journey with different types of cuisines and cooking styles.

Diners can expect live food stations and bar counters with all your favorite delicacies such as stuffed chicken with apple and almond, roasted stuffed rabbit, a mouthwatering seafood bar, a live pasta station, and much more. There's endless fun and games for the little ones too with face painting, egg painting, and movie time at the kids' corner.

Taking place on April 21 from 12.30pm onwards, Easter Sunday brunch is priced at Dhs250 with soft drinks. Call 04-3172222 or email reservations.grandhyattdubai@hyatt.com.



Al Bahou, Mövenpick Hotel Ibn Battuta

On April 19, Al Bahou's brunch gets a seasonal make-over as the outlet goes the egg-xtra mile for Easter. With an array of dishes from Mövenpick Hotel Ibn Battuta's signature restaurants, live cooking stations, a dedicated cheese and dessert rooms the award-winning brunch will serve the whole family a feast like no other. Jive to live music, egg hunt for kids, and an amusing chocolate hour from the chefs themselves. Easter Friday brunch packages start from Dhs295. Call 04 444 5613 or email dine.ibnbattuta@movenpick.com.

The Restaurant, Address Downtown



This Easter, Address Downtown will celebrate its first Spring season since reopening in June 2018 with a vast variety of exciting dining, entertainment and wellness experiences. The Easter Weekend Brunch will happen on Friday 19 April and will be held in the warm and welcoming ambience of The Restaurant at Address Downtown from 1pm to 5pm. The brunch cuisine comprises of a buffet-style feast for appetisers, family-style mains and sharing-style desserts. Themed around European Easter celebrations, the brunch will include a Sunday Roast as the main, offering a choice of lamb, beef, chicken and salmon, alongside a huge selection of traditional trimmings. A chocolate fountain will delight adults and the little ones alike, whilst an organised Easter Egg Hunt will take place at 4pm in collaboration with the hotel's kids club. Brunch packages start from Dhs350. Call 04-8883444 or e-mail dine@emaar.com.

Pronto Café, Fairmont Dubai



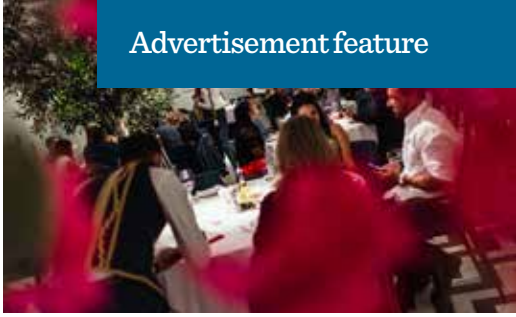
On April 20 from 1pm to 4pm, kids will get a chance to showcase their artistic skills in decorating Easter cookies at Pronto Café. They will be equipped with a cookie art kit containing a large baked cookie, colourful icing and edible decorative items to create their masterpieces. Easter bunny will pay a special visit to the event, bringing along chocolate giveaway treats, followed by a hotel-wide egg hunt. Priced at Dhs85 per child aged 3 – 10 years, the Easter experience includes a cookie art kit and hot chocolate. Call 04 311 8316, or e-mail dbi.fbconcierge@fairmont.com.



Lido, QE2

For something different this Easter, head to the QE2 for 'Alice's Easter Wonderland brunch'. The little ones will revel in a line-up of activities including Easter egg hunts, egg and spoon races, egg painting and more in the dedicated kids' area whilst the adults can sit back, relax and enjoy a line-up of live music and entertainment, free flowing house beverages and an open buffet. Savour a wide selection of delicious Easter treats with an expansive international buffet featuring everything from spit-roasted spring lamb with all the trimmings, to a utopia of chocolate delights – and everything else in between. Not forgetting an entire buffet for kids. Taking place on April 19 from 1pm to 4pm, with packages starting from Dhs225 with soft beverages. Children below 12 are priced at Dhs95, while children below 4 dine with compliments. Call 04 526 8888.









A SMASHING GOOD TIME

Newly-opened restaurant, OPA at Fairmont Dubai serves up authentic Greek flavours and traditions with contemporary flair

Brand-new dining destination, OPA at Fairmont Dubai transports you to a quaint and enchanting Greek island. Offering a delightful culinary journey, highlighted by authentic Mediterranean flavours with a unique twist, OPA boasts an extensive a la carte menu, complemented by a welcoming atmosphere, charming Greece-inspired interiors and unique Greek traditions such as the Zorba dance and smashing of dishes for a 360-dining experience.

Offering an impressive selection of authentic dishes that combine classic Hellenic techniques with a Mediterranean touch, the menu includes a delectable assortment of tender grilled meats, zesty salads, fresh fish preparations and mouth-watering desserts inspired by the Grecian islands.

Start your journey with a selection of gourmet dips and salads including the popular Tzatziki yogurt dip, a Spicy Feta Dip (with feta sourced from Northern Greece), a refreshing Orzo Lobster Salad or a traditional Maroulosalata, which combines crisp romaine lettuce, raddichio, artichoke hearts, olives and fresh herbs, topped with mizithra cheese and a dill dressing. Choose from a range of hot starters such as the Grilled Cypriot Haloumi with grilled fig and grape dressing, a signature Grilled Octopus that comes with a creamy white bean puree and roasted red peppers, or the signature Prawns Saganaki, served with a spicy tomato sauce and peppers.

Highlighted by authentic Greek flavours and spices, the mains menu offers traditional Greek preparations with a contemporary twist – Kleftiko, the star of the menu is a tender braised lamb shoulder, accompanied with feta mash and mint salad served on the side that combines a medley of unique flavours and ingredients to offer an unforgettable experience.

Complete your meal with a variety of unconventional desserts – the Baklava Sundae features a filo pastry cup, filled with pistachio cream and a homemade pistachio, caramel and Greek yoghurt ice-cream, topped with pieces of baklava and a drizzle of caramel sauce.

Set along the side of the restaurant, the elegant bar offers an exquisite selection of beverages that have been carefully curated to satisfy your taste buds.

The name OPA originates from the common Greek expression, 'OPA!' that is often heard at weddings and traditional dances, accompanied by the playful custom of smashing plates to celebrate the occasion. Bringing this unique tradition to the city of Dubai, OPA puts on an entertaining live performance every evening, starring dancers flown straight from Greece who joyfully dance around guests and tables, while smashing plates on the floor while shouting "OPA!!". Add a little OPA to your meal as you discover true modern Greek hospitality, now in Dubai.

RESERVATIONS **OPA,** *Fairmont Dubai* | **E-mail:** reservations@opadubai.com | **Call:** +971 4 357 0557 | **Follow:** @opadubai

eat out

abu dhabi

Dining deals and happenings in the capital this month.



MINISTRY OF CRAB POP-UP, SHANGRI-LA HOTEL, QARYAT AL BERI

For the first time in the UAE, celebrity chef Dharshan Munidasa visits Abu Dhabi for a three-day Ministry of Crab pop-up event hosted at Shangri-La Hotel, Qaryat Al Beri from 25 to 27 April 2019. The event features four signature dishes from the famed Sri Lankan restaurant, which has been named as one of the top 50 in Asia. Chef Dharshan is best known for his focus on high-quality, fresh ingredients that he often pairs with Japanese cooking philosophies.

The menu kicks off with a sharing plate of a creamy Crab Liver Pâté, followed by the rich Baked Crab, likened by many to a Crab Risotto. A winning dish is Garlic Chilli Prawn that Chef Dharshan cooks in Italian olive oil, Japanese soy sauce, garlic and chilli flakes in a style that is unique to Ministry of Crab. Ideal for two to share, the much-loved Pepper Crab celebrates two ingredients endemic to Sri Lanka, where the freshness of the crab is fused with the heat of hand-crushed peppercorns, whole peppercorns and pepper stock. Call 02 509 8888 or email reservations.slad@shangri-la.com.



MUNDO'S, JUMEIRAH EMIRATES TOWERS

Brunch fans are set to be transported to the vibrant streets of India with the launch of Mundo's Desi Brunch, a new concept that will showcase the diverse cuisines of India via live cooking stations alongside traditional beverages, henna stations, live entertainment, including a magician, and more, every Friday from 1pm to 4pm.

To start, the live cooking stations of chaat, kathi rolls and tawa as well as tandoori in a clay pot, are designed to take brunch-goers on a journey through the bustling street stalls of India. Following this, main course takes a Thali-style approach to dining with the likes of fish tamarind masala, prawn bhuna, mutton rogan josh, murgh tikka masala, dum biryani, and much-loved butter chicken refilled directly at the table. All this plus much more. Desi Brunch starts from Dhs125 per person. Call 04 432 3232.



SAMBUSEK, ROSEWOOD ABU DHABI

Lebanese restaurant Sambusek has introduced a new one-of-a-kind dining concept – At Home with Chef Emad. The experience offers connoisseurs of the cuisine the chance to enjoy a traditional meal served by the chef himself right at your table with views overlooking the Arabian Gulf.

Sambusek Head Chef Emad Zalloum is a popular ambassador of the eastern Mediterranean cuisine and describes the new concept as "a personable culinary journey with a homey feel". The "At Home with Chef Emad" culinary treat starts with a variety of cold mezze including Sambusek's signature smoked hummus, mutabbal, labneh hammda, fattoush, tabbouleh and a mixed organic platter. This is followed by an assortment of hot mezze, which includes chicken liver, makanek, cheese manakish, and prawns Provencal. These will be served with Lebanese bread freshly baked in a wooden oven. For the main course, guests have two options: charcoal mixed grill and 'Noah's Ark'. The mixed grills consist of a wide selection of lamb chops, lamb shish kebab, lamb kofta, chicken shish taouk, and grilled vegetables.

To satisfy the sweet-toothed, Chef Emad serves the Sambusek Sunset, which allows one to have a taste of all the signature desserts at the award-winning restaurant including Aish el Saraya, Arabic ice-cream, and cheese kunafa with Emirati honey.

Available every Thursday evening for a minimum of four guests per table, the experience is priced at Dhs235 per person, inclusive of beverages. Call 02 813 5550.



BLUE MARLIN IBIZA UAE, GHANTOOT

The finest Mediterranean fusion cuisine is served at Blue Marlin Ibiza UAE. Fresh seafood, tapas, sushi and tender meats are all on the menu, alongside vegan options and light bites. With a focus on sharing, Chef Mahmoud Turkmani has created a delightful a la carte menu that is the perfect fit in the unique beach setting. For a laid-back atmosphere with delicious flavors, BMIUAE offers the ultimate beach club dining experience, perfect for enjoying during the UAE's great weather months. Call 056 113 3400.

Text SOPHIE VOELZING | Photographs SUPPLIED

MÖVENPICK
HOTEL
JUMEIRAH LAKES TOWERS



Ramadan

Ramadan iftar buffet

Spend memorable moments this holy month at nosh restaurant.
Experience a delightful fair of Arabic and International delicacies,
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For early bird group bookings before 20 April AED 89 per person.
Regular price **AED 135** per person including buffet and Ramadan juices.
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Tried & tasted

Each month, we review two of the city's top tables.





Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

THE LONDON PROJECT, BLUEWATERS ISLAND

Dining experience: Dinner

What's it like? Offering jaw-dropping views of Dubai's JBR skyline, The London Project recently opened doors on Bluewaters Island at the food of Ain Dubai.

Bringing a slice of London on a beautiful summer's day to Dubai, The London Project is a gorgeous, botanical-inspired place that reminds me of an overgrown, but stunning English countryside garden with wild greenery, vintage mirrors and soft, neutral tones at every turn – it's inviting and whimsical.

The two-story venue comprises a restaurant, bar and large outdoor terrace that offers sweeping views out over JBR and Palm Jumeirah, and is open for breakfast, lunch and dinner.

What are the food highlights?

Sharing is encouraged at The London Project and the menu features dishes inspired by London's multi-cultural food scene.

Highlights include oysters on ice to start, served with shallot mignonette, rhubarb granite and home-made ponzu. Next, don't miss the melt-in-the-mouth braised beef tacos, served in a soft purple potato tortilla and topped with a flavoursome black garlic mayonnaise.

The Nordic cured salmon gravlax is a light and refreshing dish, with compressed cucumber, salmon caviar, citrus dressing and topped with radish for texture.

For main, the wild mushroom and truffle gnocci is an indulgent option, bursting with creamy flavours from the porcini beurre monte and oozing slow-cooked egg on top.

In theme with the butterflies on surrounding walls, the butterfly-shaped vanilla parfait with strawberry sorbet for dessert is a light yet satisfying option, paired wonderfully with yoghurt crisp and gin granita.

The bottom line: The London Project is a stunning venue offering an upbeat, cool vibe with fantastic views. Food served was presented well and tasted great, but service sadly let things down. Over at the bar and separate in-house Gin Garden, expect to find an excellent variety of beverages on offer, skillfully crafted cocktails and probably Dubai's largest gin collection.

Want to go? For more information or to make a reservation, call 04 5808570 or visit thelondonproject.com.





Where?
KIZMET, DOWNTOWN DUBAI

Dining experience: Dinner

What's it like? Located opposite Dubai Opera, Kizmet is a recently opened eatery and bar serving breakfast through to dinner – it's the type of place you can pop in for a coffee, or to enjoy a carefully crafted cocktail.

We're told that 'Kizmet' means 'fate' in 14 different languages, and the restaurant's menu draws global inspiration from this, with all dishes offered originating from different countries. Now, we'd usually run a mile when presented with a menu that serves everything from Mexican and Polish, to Middle Eastern and Italian – how does a kitchen handle such variety? But trust us, Kizmet's chefs pull this off.

Set over two-floors, Kizmet is cozy and completely on-trend for the Instagrammers – think plush pink sofas and lush greenery all paired with copper and marble furnishings.

What are the food highlights?

There's a wide variety of dishes on Kizmet's menu, all inspired by the restaurant's team of 17 different nationalities and their fondest home-style foods from childhood.

A paper menu with a pencil is given out for ticking off each of the dishes you wish to try, which are served in no particular order, just as and when they're ready. Dishes are served sharing-style and some edge on the small side, so be sure to order a dish or two extra if you're really hungry.

Highlights include the creatively named 'my girlfriend is not hungry' avocado fries with habanero mayo, and the mouthwatering hummus that's playfully served with perfectly crisp tofu churros for dipping and topped with swiss chard and almonds.

The grilled octopus is cooked fantastically and served on a purple explosion of beetroot puree and potato foam. Although it takes a while to arrive, the bone marrow is well worth the wait and oozes butter-like texture atop toasted sourdough.

More ample in size, the crispy whole sea bass is served with a flavour-packed curry sauce and sticky coconut rice.

Desserts are delicious – not only are they a joy to look at, but they taste great. Don't miss the tres leches, served as sponge cake topped with coconut foam, yuzu sorbet and super thin milk paper.









The bottom line: Ideally located just across from Dubai Opera, Kizmet is a great spot to visit before or after a show – whether to enjoy a quick bite or a drink (the bar menu is great).

The venue has also recently started serving a new weekend breakfast menu called 'Yawn', which is available every Friday and Saturday from 10am to 2pm.

Want to go? For more information or to make a reservation, call 04 33 88 717 or visit kizmetrestaurant.com.



Belgium to Dubai

World-famous pastry chef and chocolatier, Pierre Marcolini recently made his Dubai debut with La Maison Pierre Marcolini in Dubai Mall. Talking all things chocolate, we spoke to the man himself to learn of this season's hottest chocolate flavours, the demand for sugar-free products and what's on offer in his new store. **By Sophie Voelzing**

Tell us about your new store at Dubai Mall...

Our flagship store in Dubai inaugurates a brand-new retail concept designed in collaboration with the gifted Paris-based architect Pauline d'Hoop, known for her work on Paris hotspots Le Camondo and Hôtel Montecristo.

The Dubai Mall store has been created as a living space, built around its huge central bar where customers can relax sample the chocolates, or attend one of the store's master classes.

Every aspect of the store is designed to reflect the expertise of 'Pierre Marcolini House': the living wall hints at the areas and cocoa plantations where the I hand-pick the finest beans. The slight imperfections of the zelige walls whose tiles were cut by hand are inspired by the craft aspect of the chocolate created in my workshop.

Precious materials, including marble, dark wood species and copper, add a cosy touch to the cutting-edge counters and illustrate The House's visionary spirit.

In addition to the exclusive Dubai collection, the boutique houses the signature collection including Grands Crus tablets; the world-famous hearts and pralines; dates and macarons as well as the recently launched sugar-free tablets and pastry collection. The store also features a craft ice-cream counter for those in search of a chilled treat.











> **People are now aware that a good chocolate does not depend on the level of sugar, but rather the quality of the cocoa bean and the roasting process used**

What type of chocolate are consumers loving most at the moment?

Customers tend to appreciate less sugared chocolate treats. Many people are now aware that a good chocolate does not depend on the level of sugar, but rather the quality of the cocoa bean and the roasting process used. I was among the first who led the way for healthy and less sugared chocolate creations. And stay tuned, we have been preparing a complete healthy ice cream collection for the summer season.

On top of that, we see different trends according to the weather. In winter, consumers are keen on tasting classic chocolate such as pralines, ganache, truffles whereas they will search for fruity flavours during hot season.

This year, what are the most trending flavours?

Floral-fruity flavours are very much in: ganache with yuzu, rose-passion mix are among the best sellers in this period.

Hazelnut always remain a must have. Our Hazelnut spread "Casse-Noisette" as well as our truffles with Casse-Noisette are still a "block buster" when it comes to product sales.

Does your store offer any 'free from' items, such as dairy-free, nut-free and gluten-free?

We have several creations "free from", such as our spread "Casse-Noisette" is palm oil free. We have a chocolate tablet "sugar free" which is a must in Paris and Brussels. We are about to launch a new ice cream collection with no added sugar. The recipes are amazing, so delightful and light at the same time. You experience only the taste of the best ingredients we put inside.

Can we expect to see further expansion from the brand in the Middle East?

The Middle East is key for the brand expansion. Art of sharing and gifting chocolates is a strong part of culture and I think nowadays, and people are expecting a more modern approach of chocolate – more healthy, renewed and fresh packaging – as we propose. So, it is the right time for us to develop the House here.

We have several projects under developments, I hope to share more with you very soon.



NOW OPEN

La Maison Pierre Marcolini, Dubai Mall

Call: +971-4-551-1000

E-mail: dubaimall@marcolini.ae

BECOMING A CHOCOLATIER

Pierre Marcolini shares his chocolate-loving journey....



When I was a child – 9 years old – I used to trade my toys for desserts with my friends. From that time, I knew I wanted to become Pastry Cook.

At the age of 19 I began working as a pastry chef in charge of a team of 10 people, after which the titles kept mounting up: Best Craftsman in Belgium in 1991, World Pastry Vice-Champion in 1992 and 1993 and, finally, World Champion in 1995. In the same year, I opened my very first workshop in Brussels.

When I started out, the world of chocolatiers in Belgium seemed to be stagnating. All of the stores were chocolate coloured, all of the chocolate bars were rectangular, and all of the chocolates were sold in "ballotins" – cardboard boxes with several layers. This in spite of the fact that there is nothing more unsuitable for the task: you can't see all of the chocolates at once, and you make a total mess if you try and delve into one of the lower layers. So, Goodbye ballotins, Hello to the "Malline Découverte"; an amalgamation of the French words 'malle' (case) and 'praline', this innovative packaging puts the entire contents of the box on display in all their glory.

I continually strive to innovate in the chocolate world, from the first-ever tea-flavoured ganache, the first pralines containing 'forgotten' grains, low-sugar recipes – I am known to shape the concept of modern chocolate.

MARKET
AT EDITION



game changer

SERVING HEALTH FOR BREAKFAST, LUNCH AND DINNER
BY TOM AIKENS

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easy

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3 healthy ways with...

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30 mins or less

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family

■ use it all up meal plan page 29





30 mins or less

easiest ever midweek meals

These simple dinners can be on the table in 30 mins or under – they're perfect weekday dishes for all the family

recipes CASSIE BEST
photographs STUART OVENDEN

Smoky chickpeas on toast

SERVES 2 **PREP** 2 mins
COOK 10 mins **EASY** **V**
❄ chickpeas only

1 tsp olive or vegetable oil, plus a drizzle
1 small onion or banana shallot, chopped
2 tsp chipotle paste
250ml passata
400g can chickpeas, drained
2 tsp honey
2 tsp red wine vinegar
2-4 slices good crusty bread
2 eggs

■ Heat ½ tsp of the oil in a pan. Tip in the onion and cook until soft, about 5-8 mins, then add the chipotle paste, passata, chickpeas, honey and vinegar. Season and bubble for 5 mins.

■ Toast the bread and fry the eggs in the remaining oil in a frying pan. Drizzle the toast with a little oil, then top with the chickpeas and fried eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 423 kcals • fat 15g • saturates 3g • carbs 45g • sugars 15g • fibre 9g • protein 22g • salt 0.7g

Creamy garlic, lemon & spinach salmon

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY**

2 sweet potatoes
1 tbsp olive or rapeseed oil
2 salmon fillets, skin removed
2 garlic cloves, thinly sliced
170g baby spinach
1 lemon, zested and ½ juiced, ½ thinly sliced
75g mascarpone
5 tbsp milk

■ Heat oven to 200C/180C fan/gas 6. Pierce the sweet potatoes a few times each and microwave on high for 5 mins until soft (alternatively, bake for 35-40 mins). Keep warm until ready to serve.
■ Heat half the oil in a frying pan and lightly brown the salmon on both sides – don't worry about it being cooked through at this point. Transfer the salmon to a plate, wipe out the pan and heat the remaining oil. Cook the garlic for 30 seconds, without letting it brown, then add the spinach, lemon juice and zest and some seasoning. Stir in the mascarpone and 2 tbsp of the milk and cook until the spinach has wilted.
■ Tip the spinach mix into an ovenproof dish and top with the lemon slices and salmon. Bake for 5-8 mins until the salmon is cooked through.
■ Meanwhile, scoop the sweet potato flesh from the skins and mash with the remaining milk and some seasoning. Serve alongside the salmon and creamy spinach.

GOOD TO KNOW calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 721 kcals • fat 44g • saturates 16g • carbs 34g • sugars 19g • fibre 7g • protein 43g • salt 0.5g



Enchilada pie

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** V ❄

1 tbsp vegetable or rapeseed oil
2 peppers, any colour you like, sliced
1 red onion, halved and sliced
400g mixed beans, drained
2 tbsp fajita spice mix
400g can chopped tomatoes
small bunch coriander, chopped
4 corn tortillas
100g low-fat soured cream
30g grated cheddar

■ Heat the oil in a pan. Fry the peppers and onion until soft, about 10 mins. Add the beans, fajita spice mix, chopped tomatoes and some seasoning. Bubble for 5 mins to reduce the tomatoes a little. Stir in most of the coriander. Heat the grill and warm the tortillas in the microwave for 30 seconds.

■ Spread a quarter of the pepper and onion mixture over the base of an ovenproof dish (a round one, if possible) or frying pan. Top with some of the soured cream, then repeat the layers three more times, finishing with a final layer of soured cream. Sprinkle over the cheese and grill for 5 mins, or until golden and bubbling. Scatter with the remaining coriander before serving.

GOOD TO KNOW calcium • folate • fibre • vit c • 4 of 5-a-day
PER SERVING 609 kcals • fat 22g • saturates 8g • carbs 76g • sugars 26g • fibre 14g • protein 19g • salt 3.1g





Lamb & quinoa burgers with beetroot tzatziki

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**
❄ patties only

50g quinoa
300g (3 or 4) cooked, vacuum-packed beetroot (not in vinegar), drained
250g natural yogurt
small bunch mint, chopped
500g lamb mince
small bunch dill, chopped
½ tbsp oil, for cooking (optional)
2 large carrots, peeled and grated
1 large or 2 small red onions, halved and finely sliced
wraps, burger buns or pitta bread, to serve

■ Cook the quinoa in plenty of boiling water for 10-15 mins (don't worry if it still has a little bite), then drain well and leave to cool. Grate the beetroot and mix with the yogurt, half the mint and some seasoning. Chill until ready to serve.
■ Use your hands to squash together the quinoa, lamb, the remaining mint, half the dill and some seasoning. Shape into four burgers. Heat a large frying pan (if it's non-stick, you won't need oil as the lamb mince is already fatty; otherwise, add a drizzle of oil). Cook the burgers for 5-8 mins on each side until they have a nice golden crust and are cooked through. Rest for a few mins.
■ Mix the carrots, red onions and the remaining dill in a bowl. Pile onto the warm wraps or buns, or into the pitta breads. Top with the burgers and a dollop of beetroot tzatziki.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 425 kcals • fat 20g • saturates 9g • carbs 27g • sugars 19g • fibre 6g • protein 32g • salt 0.6g





Quick chicken hummus bowl

SERVES 2 **PREP** 10 mins
NO COOK EASY

200g hummus
1 small lemon, zested and juiced
200g pouch cooked mixed grains (we used Merchant Gourmet red rice & quinoa)
150g baby spinach, roughly chopped
1 small avocado, halved and sliced
1 cooked chicken breast, sliced at an angle
100g pomegranate seeds
½ red onion, finely sliced
2 tbsp toasted almonds

■ Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing. Top each bowl with a handful of the spinach.
■ Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl. Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 779 kcals • fat 47g • saturates 4g • carbs 49g • sugars 10g • fibre 14g • protein 34g • salt 1.0g



Caponata pasta

SERVES 4 **PREP** 2 mins
COOK 18 mins **EASY** V

4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
1 large onion, finely chopped
4 garlic cloves, finely sliced
250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot or deli counter, drained if in oil (you can use this oil in place of the olive oil) and roughly chopped
400g can chopped tomatoes
1 tbsp small capers
2 tbsp raisins
350g rigatoni, penne or another short pasta shape
bunch basil, leaves picked
parmesan (or vegetarian alternative) shaved, to serve

■ Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

■ Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.

■ Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan.

GOOD TO KNOW fibre • 3 of 5-a-day
PER SERVING 542 kcals • fat 14g • saturates 2g • carbs 85g • sugars 21g • fibre 9g • protein 14g • salt 0.5g

Ginger, sesame & chilli prawn & broccoli stir-fry

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY**

250g broccoli, thin-stemmed if you like, cut into even-sized florets
2 balls stem ginger, finely chopped, plus 2 tbsp syrup from the jar
3 tbsp low-salt soy sauce
1 garlic clove, crushed
1 red chilli, a little thinly sliced, the rest deseeded and finely chopped
2 tsp sesame seeds
½ tbsp sesame oil
200g raw king prawns
100g beansprouts
cooked rice or noodles, to serve

■ Heat a pan of water until boiling. Tip in the broccoli and cook for just 1 min – it should still have a good crunch. Meanwhile, mix the stem ginger and syrup, soy sauce, garlic and chopped chilli.
■ Toast the sesame seeds in a dry wok or large frying pan. When they're nicely browned, turn up the heat and add the oil, broccoli and prawns. Stir-fry for a few mins until the prawns turn pink. Pour over the ginger sauce, then tip in the beansprouts. Cook for 30 seconds, or until the beansprouts are heated thoroughly, adding a splash more soy or ginger syrup, if you like. Scatter with the sliced chilli and serve over rice or noodles.

GOOD TO KNOW low fat • vit c • 2 of 5-a-day
PER SERVING 274 kcals • fat 9g • saturates 1g • carbs 20g • sugars 16g • fibre 5g • protein 26g • salt 2.6g



Shoot director GARETH JONES | Food stylist KATY GREENWOOD | Stylist LIZZI ZITA

Extravagant Easter dining at The Ritz-Carlton, Dubai

Representing long-held traditions of family gatherings, heavenly food and special moments spent together, Easter is just around the corner and The Ritz-Carlton, Dubai at Jumeirah Beach Residence is celebrating the weekend with a mélange of activities for the entire family including al fresco dining feasts and novel experiences.











LONDON SOCIAL BRUNCH: EASTER EDITION

Suitably awarded 'Dubai's Best Brunch'; London Social Brunch takes on an Easter twist in April. With great fanfare and vigor, undertake a journey along London's iconic underground stations and explore the flavors of Banglatown and Little Beirut, along with traditional Easter roasts, minced meat pies and carvery featuring baked ham, maple glazed turkey with all the trimmings and Yorkshire puddings. Enjoy 12 live cooking stations dotted throughout the resort's gardens, exotic herb-based beverages, and a live musical performance featuring British hits. A dessert station featuring a variety of chocolate crafts, fondues and Easter eggs will complete your culinary voyage.

Children will be amazed with an array of activities including the appearance of an Easter bunny, the much-awaited Egg hunt that will take the little ones on an adventure across the resort and a petting zoo area.

The details: Friday 19th April, 2019, 1pm – 4pm, with packages starting from Dhs395 per person with signature mocktails, fresh juices and soft beverages. For children from 6 to 11 years old it's Dhs200, while under 5 dine with compliments.

CHILL AND GRILL EASTER BEACH BRUNCH

Palm Grill, the casual beachside restaurant invites you to experience the best of the Arabian Gulf, over a no-shoes, merry dining experience at the Chill & Grill Easter Brunch, complete with an Easter egg hunt for the little ones.

Offering views of the Dubai Eye, Palm Grill is the only dining destination directly on the beach at JBR and its unique Saturday Brunch features a selection of barbequed specialties, island style live music and a relaxed ambience to sit back and sip on hand-crafted beverages. While soaking your feet into the sand, relish freshly prepared Easter delicacies from live stations such as a cold seafood station, carving counter, and the treasured Easter Eggs corner to name a few.

The details: Saturday 20th April, 2019, 1pm – 4pm, with packages starting from Dhs275 per person with soft beverages. For children from 6 to 11 years old it's Dhs125, while under 5 dine with compliments.

AN ITALIAN EASTER EXPERIENCE

Celebrate the spirit of Easter at one of Dubai's original Italian restaurants, Splendido Social Bar and Kitchen as you dine under the stars at a Tuscan style piazza or indoors within the elegant ambience. Reconnect with family and friends over a festive Pasqua menu thoughtfully crafted by Chef Francesco and team, featuring celebratory dishes from his homeland such as Ravioli Alle Mazzancole (homemade black ink Ravioli with mazzancolla prawns and seafood sauce), Sella D' Agnello Arrosto (a saddle of lamb with cannellini beans puree and Marsala jus). The best is saved for last, as the Pastiera Napoletana which is a classic Easter sweet made from Napoli, ricotta and mandarin sorbet, will leave you with a sweet reminiscence of the evening.

The details: Friday 19th to Sunday 21st April, 2019 from 6pm to 10.30pm, priced at Dhs400 per person for a 4-course set menu.

EASTER AFTERNOON TEA AT THE RITZ-CARLTON, DUBAI

Indulge this Easter, with a traditional afternoon tea experience at The Lobby Lounge, as you relax in the luxurious surroundings under the sparkling chandeliers. Engage in conversation and laughter with your loved ones, while you delight yourself with a classic assortment of English sandwiches, freshly baked scones, Easter-themed goodies and mouthwatering sweets such as hot cross buns and chocolate eggs; accompanied by loose leaf tea and hot beverages. With the soulful, soothing tunes of a live pianist and a special giveaway afterwards, it will be an afternoon well spent!

The details: Friday 19th to Sunday 21st April, 2019 from 12.30pm to 5pm. Dhs195 per person including Easter-themed afternoon tea and loose leaf tea and hot beverages.

SUNDAY EASTER ROAST AT CARAVAN

Gather with family and friends and experience the essence of Easter at Caravan's Easter Sunday Roast. Relish this season's classic delicacies such as roasted lamb leg, prime rib, steak and mushroom pie and an array of delectable desserts. For the little ones, the Easter bunny has exciting activities lined-up to keep them entertained. Suitably located in the heart of the resort, Caravan is the perfect dining destination offering ample natural daylight and an al fresco terrace surrounded by lush gardens.

The details: Sunday 21st April, 2019, from 1pm to 4pm, with packages starting from Dhs225 per person with soft beverages. For children aged between 5 to 12 years it's Dhs125.

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recipes LULU GRIMES *photographs* WILL HEAP



Shopping list

- 3 onions
- 1 head celery
- 200g pack sliced kale
- 4 large potatoes, or buy more if you want to serve mash with the meatloaf
- 1 carrot, or more if you want crudités with the dough balls
- whole bulb garlic*
- 500g bag frozen peas, or buy 2 bags if you are serving peas with the meatloaf
- 100g cooked North Atlantic prawns
- 500g beef mince
- 250g block butter*
- 6 eggs
- 77g pack pancetta (freeze one if it's a 2-pack)
- 1 chicken breast, (freeze one if you can only get a 2-pack)
- 100g grana padano*
- pack cured meat (optional, to serve with the dough balls)
- 150g tub natural yogurt
- 85g fresh breadcrumbs
- 1 low-salt chicken stock cube
- 500ml passata with basil
- 400g can chopped tomatoes
- 500g pack spaghetti*
- jar mild curry paste*
- pack rotis
- tube tomato purée*
- 7g sachet dried yeast
- 300g strong white bread flour

Storecupboard

- olive oil
- caster sugar





Green chowder with prawns

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** ❄ chowder only

1 tbsp olive oil
1 onion, finely chopped
1 celery stick, finely chopped
1 garlic clove
300g peas
200g pack sliced kale
2 potatoes, finely chopped
1 low-salt chicken stock cube (we used Kallo)
100g cooked North Atlantic prawns

1 Heat the oil in a saucepan over a medium heat. Add the onion and celery and cook for 5-6 mins until softened but not coloured. Add the garlic and cook for a further min. Stir in the petit pois, kale and potato, then add the stock cube and 750ml water. Bring to the boil and simmer for 10-12 mins until the potatoes are soft.
2 Tip 3/4 of the mixture into a food processor and whizz until smooth. Add a little more water or stock if it's too thick. Pour it back into the pan with the remaining potatoes and peas and half the prawns.
3 Divide between four bowls and spoon the remaining prawns on top.
Can be frozen for up to a month. Add the prawns once defrosted.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 174 kcals • fat 5g • saturates 1g • carbs 18g • sugars 7g • fibre 7g • protein 11g • salt 0.5g

Carbonara with chicken

SERVES 4 **PREP** 5 mins
COOK 15-20 mins **EASY**

You don't need cream in a carbonara as eggs and cheese make the sauce. A pack of spaghetti is 500g, but this is too much for four portions, so measure about 75g per adult, and less for children depending on how old they are. Serve with a green salad.

1 pack spaghetti
1 tbsp olive oil
1 garlic clove, halved
77g pack pancetta
1 chicken breast, cut into strips
2 eggs
100g grana padano, finely grated, plus extra to serve, if you like (wrap the rest tightly and it will keep for several weeks)
1 tbsp butter

1 Cook the spaghetti following pack instructions. Meanwhile, heat the oil in a frying pan and fry the garlic and pancetta until crisp, add the chicken strips and fry briefly until they are just cooked through. Fish out the garlic and discard it. Beat the eggs with the grana padano and some black pepper.

2 Add a couple of tablespoons of pasta water to the pancetta pan along with the butter, then drain the pasta and add it to the pan. Pour in the egg mixture, take the pan off the heat and toss together so the egg cooks in the heat of the pasta. Divide between four warm bowls and add more cheese, if you like.

GOOD TO KNOW calcium
PER SERVING 758 kcals • fat 24g • saturates 11g • carbs 93g • sugars 3g • fibre 5g • protein 40g • salt 1.2g





Classic meatloaf with tomato sauce

SERVES 4 with leftovers
PREP 10 mins **COOK** 30 mins plus 10 mins resting **EASY** ❄

1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
2 tbsp tomato purée
500g beef mince
1 egg
85g fresh breadcrumbs
For the tomato sauce
1 tbsp olive oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
1 garlic clove, finely chopped
500ml passata with basil
peas and mash, to serve (optional)

1 Heat the oil in a frying pan and add the onion, cook for 4-5 mins over a low heat, then stir in the garlic. Leave to cool completely.
2 To make the tomato sauce, heat the oil in a saucepan and fry the onion, carrot and celery for 3-4 mins, then add the garlic and cook for a minute. Add the passata and bring to a simmer, then season and cook for 5 mins.
3 Heat oven to 180C/160C fan/gas 4. Mix the cooled onion with the tomato purée, mince, egg and breadcrumbs and season. Line a 900g loaf tin with a liner or baking parchment and pack in the meatloaf mixture. Cook for 20-25 mins or until a skewer poked into the centre feels roasting hot when pulled out. Leave to rest for 10 mins before lifting out of the tin.
4 Serve slices of the meatloaf with some tomato sauce spooned over (save the remaining sauce for the dough balls on p64). Wrap any remaining meatloaf and use it as a sandwich filling for a lunchbox. *Can be frozen for up to a month.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 463 kcals • fat 26g • saturates 10g • carbs 25g • sugars 9g • fibre 3g • protein 31g • salt 0.5g



Potato, pea & egg curry rotis

SERVES 4 **PREP** 5 mins **COOK** 25 mins **EASY** V

1 tbsp oil
2 tbsp mild curry paste
400g can chopped tomatoes
2 potatoes, cut into small chunks
200g peas
3 eggs, hardboiled
150g tub natural yogurt
pack rotis, warmed through

1 Heat the oil in a saucepan and fry the curry paste briefly. Tip in the tomatoes and half a can of water and bring to a simmer. Add the potatoes and cook for 20 mins or until the potato is tender. Stir in the peas and cook for 3 mins.

2 Halve the eggs and place them on top of the curry, then warm through. Serve with rotis and yogurt on the side.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING 462 kcals • fat 16g • saturates 5g • carbs 58g • sugars 12g • fibre 7g • protein 19g • salt 1.9g



Dough balls with garlic butter & tomato sauce

Instead of pizza, make dough balls and serve the toppings on the side.

SERVES 4 **PREP** 20 mins plus rising **COOK** 30 mins **EASY**

50g butter
300g strong white bread flour
7g sachet dried yeast
1 tbsp caster sugar
oil, for the bowl and tin
For the garlic butter
100g butter
1 garlic clove, crushed
leftover tomato sauce from the meatloaf recipe on p62, warmed through
crudités and cured meat, to serve (optional) – use up any leftover celery and carrots from the week

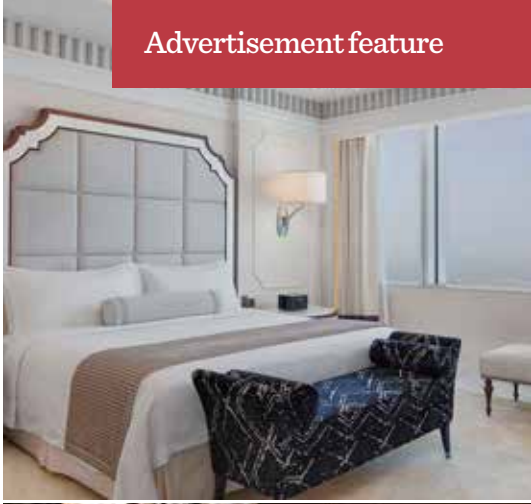
1 Warm 175ml water in a saucepan until steaming, add the butter and set aside to cool until warm but not hot. Mix the flour, yeast, sugar and 1 tsp salt in a large bowl or table-top mixer. Add the cooled water and mix to make a soft dough. Knead for 10 mins by hand, or 5 mins in a mixer until the dough feels bouncy and smooth. Return to a clean, oiled bowl and cover with oiled cling film. Leave somewhere warm to rise for 11/2-2 hrs or until doubled in size.

2 Oil a baking sheet. Knock the air out of the dough and knead again for several mins. Take a small piece of dough (about the size of a walnut) and roll it into a ball. Place the ball on the baking sheet and repeat with the remaining dough, spacing about 1/2 cm apart. Cover with and leave to rise for 30 mins. Melt the butter in a pan, stir in the garlic. Season.

3 Heat oven to 180C/160C fan/gas 4. The dough balls should be almost touching by now. Bake for 25-30 mins until cooked through. Brush with some garlic butter and leave to cool for 5 mins. Serve with the remaining butter and the tomato sauce for dipping, crudités and cured meat, if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 621 kcals • fat 33g • saturates 20g • carbs 67g • sugars 10g • fibre 4g • protein 11g • salt 1.9g







Spring dining

Indulgent culinary experiences await at The St. Regis Abu Dhabi this season

Spring Beach BBQ Weekend

April 5 & 6, 2019

Ready, Steady, Grill! When the scent of sun and beach flows together with the sweet aromas of mouthwatering BBQ, you know it's the time of family. The St. Regis Abu Dhabi invites you for an exquisite and colourful day at its exclusive Nation Riviera Beach Club, because eating outside makes food taste infinitely better and more fun than indoors. Enjoy heavenly selections to the sound of live music for the whole family and let your kids have a fun time on this day with bouncing castles, arts & crafts, face painting and a variety of children's activities.

The details: The BBQ takes place from 12pm – 4pm, while activities for children take place from 12pm – 6pm. The BBQ with soft drinks is priced at Dhs250 for adults, Dhs125 for kids aged 6 – 12 years, and below 6 dine with compliments.

BBQ & Staycation Deal

In addition, as part of St. Regis Family Traditions, The St. Regis Abu Dhabi has put together an overnight stay offer for guests to make the most of the weekend and to enjoy a full day of activities before or after relaxing in one of the hotel's luxuriously appointed Superior Rooms or Signature Suites.

The details: There are three Weekend Family Stay Packages available.

- Dhs950 for two adults and up to two kids in a Superior Sea View Room, including buffet breakfast and BBQ with soft drinks.
- Dhs1,350 for two adults and up to two kids in a Junior Suite, including buffet breakfast and BBQ with soft drinks.
- Dhs1,950 for two adults and up to two kids in a St. Regis Suite, including buffet breakfast and BBQ with soft drinks. Signature St. Regis Private Butler Service. Buffet Breakfast at The Terrace on the Corniche. Full access to The Nation Riviera Beach Club BBQ including activities for the entire family.

Chocolate Afternoon Tea

Gather you little ones this Easter as Crystal Lounge introduces a new Chocolate Afternoon Tea this April. The perfect Afternoon treat for adults and kids alike, enjoy bespoke tea infusions presented by a dedicated tea sommelier alongside a range of deliciously chocolate-y treats. In addition to a delicious range of savoury sandwiches, discover chocolate and lemon s'mores, pistachio and chocolate opera cake, raspberry and chocolate choux. Our very important little people (VILP) can enjoy a delightful lucky charms Chocolate milkshake for the ultimate Easter treat.

The details: Available from April 1 – 30, daily from 2pm – 6pm, priced at Dhs195 per adult or Dhs85 per child.

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Call: 02 694 4444

Basic overnight oats

SERVES 1 PREP 2 mins plus overnight soaking NO COOK EASY V

Put **50g rolled porridge oats** and a **pinch of salt** into a transportable container. Stir in **150ml water**, then cover and chill in the fridge overnight.

GOOD TO KNOW vegan • healthy • low fat • low cal
PER SERVING 202 kcals • fat 4g • saturates 1g • carbs 34g • sugars none • fibre 4g • protein 6g • salt 0.5g

3 healthy ways with... overnight oats

Brighten up your mornings with these quick and easy breakfasts for one, perfect for taking to work

recipes SOPHIE GODWIN

photograph MIKE ENGLISH



1 Carrot cake

SERVES 1 PREP 10 mins plus overnight soaking NO COOK EASY V

Mix **40g grated carrot**, a **big pinch of mixed spice** and **¼ tsp cinnamon** with the oats and water. The next day, stir in **1 tsp honey** and **1 tsp sultanas**, then top with **1 tbsp Greek yogurt**.

GOOD TO KNOW healthy • fibre
PER SERVING 319 kcals • fat 9g • saturates 4g • carbs 48g • sugars 14g • fibre 6g • protein 9g • salt 0.6g

2 PBJ

SERVES 1 PREP 5 mins plus overnight soaking NO COOK EASY V

Stir **80g frozen raspberries** into your oats and water. The next day, mix in **1 tsp maple syrup**, then top the oats with **1 tbsp peanut butter**.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day
PER SERVING 345 kcals • fat 12g • saturates 3g • carbs 44g • sugars 9g • fibre 8g • protein 11g • salt 0.6g

3 Tropical

SERVES 1 PREP 10 mins NO COOK EASY V

After overnight soaking, spoon half the oats into a bowl. Layer with **20g coconut yogurt**, **2 sliced kiwis**, the **pulp of 1 passion fruit** and the rest of oats, then top with **½ tsp toasted mixed seeds**.

GOOD TO KNOW vegan • healthy • low fat • fibre • vit c • 1 of 5-a-day
PER SERVING 325 kcals • fat 9g • saturates 4g • carbs 48g • sugars 13g • fibre 8g • protein 9g • salt 0.5g

Shoot director CHERRY FERMOR | Food stylist AMY STEPHENSON | Stylist FAYE WEARS







MOSAIC: Abu Dhabi's hidden gem

If you're looking for authenticity, finesse and enjoyment in Lebanese food, Mosaic is where to be – a home-style restaurant run by its co-owner and his wife, who also happens to be the restaurant's head chef

Mosaic Restaurant
Guardian Tower,Muroor Road,
Al Aman, Abu Dhabi

Call: 02 622 0909
Visit: mosaic.restaurant.com
Follow: @mosaic.restaurant

The story behind the restaurant's name 'Mosaic' arises from the famous Bekaa Valley of Lebanon. If you look at the valley from a height, you'll notice immediately the beauty of its landscape, different colours of greenery in the valley resemble the image of mosaic tiles. When dining at Mosaic, the diversity and colorfulness of the dishes will carry you to the middle of this valley and its fresh produce.

Mosaic is an award-winning Middle Eastern, casual dining and business lunch restaurant based in Abu Dhabi. Dishes on the menu go beyond classic Lebanese fare; expect to find dishes from all parts of Lebanon, especially those rustic plates that are cooked in the distant villages.

"I cook for the people visiting us at the restaurant the same way I cook at home for my family and friends, with the same amount of attention and love," explained Mosaic's head chef.

"In the kitchen, we only use fresh meat and chicken and never from frozen. Our vegetables, spices and nuts are brought fresh from Lebanon to enhance the flavours and to satisfy the customers' longing for real Lebanese food in the UAE," she added.

Mosaic's extensive menu starts with salads, including the best seller Quinoa Tabbouleh Salad. There's also many mouthwatering cold and hot Lebanese Mezza, such as the rich and creamy Hommos prepared with freshly boiled chickpeas. The famous Moutabbal Mosaic prepared with roasted eggplants and tahini then topped with a garden of aromatic greens and ruby red pomegranate is also a favourite, as is the Fatteh with eggplant; imagine layers of fried eggplants soaked in tomato sauce and another layer of fried pita bread then a layer of garlic marinated yogurt topped with parsley and quenched with ghee and pine nuts. Not to forget the juicy lemony lamb stuffed with vine leaves, which is served on the top of spiced rice and stuffed zucchini.

The restaurant is also well-known for its barbecue selection produced in Mosaic's private butchery.

The culinary team at Mosaic love their job and take pride in the small details, whether it be in food presentation or front of house service.

Expressing her love for cooking, Mosaic's head chef said: "I am passionate about Lebanese food, I enjoy cooking it and I love to listen to guest feedback. I cook my memories and my dreams, that's why people love my food because it is cooked with longing and admiration".

EASTER BRUNCH
Saturday, April 20th from 12 pm until 4pm

Our all-inclusive selection of Pastries, Eggs, Signatures and Easter Treats

Mocktails, Fresh Juices, Soft Drintks & Hot Beverages | AED 265

Beverage Package | AED 400

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Since Easter is all about family, friends and fantastic food,
La Cantine du Faubourg is hosting a Easter Saturday edition of its Brunch 105 with special treats on ***Saturday, April 20th***.

Make the most of the season's sumptuous weather and absorb striking views of DIFC while indulging in delicacies, prepared for this very special occasion.
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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



TOM KERRIDGE

Small plates, big flavours, p40



YOUR BEST SUNDAY EVER, **p45**



CRACKING EASTER BAKES, p59

gf

TOM KERRIDGE

Small plates, big flavours

BBC chef **Tom Kerridge** introduces a new way to feed friends

photographs KRIS KIRKHAM

When I opened my second pub, The Coach, I wanted it to be an informal dining space that didn't take bookings, but the food still needed to be special. My solution was small-plate dining. This is a lovely way to cook for friends. Make as many or as few dishes as you want and just place them in the middle of the table for everyone to graze on, like tapas. Here, I've tried to cover all bases and offer you four very different plates that could each be served as a course in their own right. I also bulk it out with good charcuterie, cheese and olives. When I opened The Coach, we were one of the first places to offer food like this, but now there are loads, and it's easy to see why. ***Tom***

Southern-fried quail with blue cheese dressing

Braised lamb & goat's cheese pies



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. His latest book, *Tom Kerridge's Fresh Start* (Dhs125 Bloomsbury), is out now. Find more of Tom's recipes on *bbcgoodfood.com*.



SMALL PLATE SHARING MENU

FOR 6-8

Sea bass with wild garlic mayonnaise

Braised lamb & goat's cheese pies

Southern-fried quail with blue cheese dressing

Honey-roast celeriac with mushrooms & thyme



Sea bass with wild garlic mayonnaise

I love crispy pan-fried fish skin, but the fish here can also be grilled skin-side up if you prefer. Wild garlic is in abundance right now, but if you can't find it, just use basil instead.

SERVES 6-8 **PREP** 15 mins
COOK 5 mins **MORE EFFORT**

1 tbsp olive oil
4 sea bass fillets
lemon wedges, to serve
For the wild garlic mayonnaise
200g vegetable oil
100g wild garlic leaves, chopped
1 egg yolk
1 tbsp Dijon mustard
3 anchovies

1 To make the wild garlic mayo, heat the oil in a pan, then tip into a blender with the wild garlic. Blend for 2 mins, then pass the oil through a sieve into a jug. Put the yolk in a medium bowl with the mustard. Gradually whisk the green oil into the yolk until it thickens. Whisk in the anchovies and a pinch of salt. Put in the fridge. *Can be made a day ahead.*
2 Heat the oil in a non-stick frying pan and add the fish, skin-side down. Season with salt and cook over a medium heat for 4 mins, pressing down with a spatula, until the flesh has changed colour and the edges look golden. Turn over and cook for another 1 min. Once cooked, put on a serving plate, spoon on the mayo and serve with lemon wedges.

GOOD TO KNOW gluten free
PER SERVING (8) 381 kcals • fat 35g • saturates 4g • carbs 1g • sugars 0.4g • fibre 0.3g • protein 16g • salt 0.4g

Southern-fried quail with blue cheese dressing

This style of deep-frying is normally done with chicken wings, but quail makes a more refined alternative, as would pieces of rabbit.

SERVES 4 **PREP** 10 mins plus at least 6 hrs marinating
COOK 6 mins **MORE EFFORT**

100ml buttermilk
¼ tsp ground cumin
3 quails, split in half through the middle so you have six halves
sunflower oil, for deep-frying
celery leaves, to serve (optional)
For the dressing
4 tbsp mayonnaise
4 tbsp buttermilk
40g soft blue cheese, crumbled
pinch celery salt
For the spiced flour
250g plain flour
½ tsp each cayenne pepper and onion salt
¼ tsp each dried oregano and chilli flakes

1 Mix the 100ml buttermilk, cumin and a large pinch of salt together in a bowl. Put the quail halves in the buttermilk mix so they are completely covered, then chill for at least 6 hrs or overnight.
2 To make the dressing, beat the mayonnaise, buttermilk, cheese and celery salt together – don't worry if it's not totally smooth. Keep chilled.
3 When ready to cook, mix all the spiced flour ingredients together. Heat a deep-fat fryer or a deep pan with sunflower oil to 175C. Remove the quail from the fridge, then dip each half in the spiced flour and carefully drop them in the fryer.
4 Fry for about 6 mins until golden and crisp, then drain on kitchen paper and leave to rest for 2 mins or so. Pile onto a large serving plate, put the blue cheese sauce on the side for dipping, and scatter over the celery leaves, if you like.

GOOD TO KNOW iron
PER SERVING 689 kcals • fat 42g • saturates 6g • carbs 51g • sugars 3g • fibre 3g • protein 25g • salt 0.9g



Shoot director GARETH JONES | Food stylist ELLIE JARVIS | Stylist JENNY IGGLEDEN



Braised lamb & goat's cheese pies with gravy

These little bun pies take a bit of time, but can be completely prepared ahead. I've done it as one each, but if you're serving lots of other dishes, half will be more than enough.

SERVES 6-8 **PREP** 30 mins plus overnight chilling **COOK** 2 hrs 30 mins **MORE EFFORT**

1 tbsp sunflower oil
400g boneless lamb shoulder
1 rosemary sprig
1 onion, chopped
2 carrots, chopped
800ml lamb stock
small handful mint leaves, chopped
60g goat's cheese, cut into small chunks and chilled
1 tsp mint sauce

For the pastry

250g plain flour
50g quick cook polenta
½ tsp bicarbonate of soda
75g butter, melted
1 egg, beaten

1 The day before you want to eat the pies, heat oven to 150C/130C fan/gas 2. Heat the oil in a flameproof casserole dish, then fry the lamb for about 10 mins until browned. Add the rosemary and vegetables, cover with the stock and bring to the boil. Cover with a lid, then put in the oven and cook for about 2 hrs until tender.
2 Remove the dish from the oven and discard the rosemary. Transfer the lamb to a bowl using a slotted spoon. Put the casserole dish back on the heat and cook until the stock has reduced by half. Spoon the vegetables into the bowl with the lamb, leaving the rest of the sauce in the pan. Shred the lamb using two forks, then mix with the veg and 4 tbsp of stock (reserving the rest of the cooking juices), mashing together a little. Stir through the mint and season, then chill in the fridge overnight until it sets.
3 Divide the mixture into six balls, then press some goat's cheese into the middle of each one and ensure the cheese is fully coated in the meat. Put them back in the fridge.
4 Meanwhile, put the flour, polenta, a large pinch of salt and the bicarb in a mixing bowl. Bring 100ml water to the boil, then pour into a jug with the melted butter. Gradually pour into the dry mix and work to a smooth dough with your hands. Don't overwork as it will become too firm. Divide the dough into six balls and roll out into large discs. While the dough is still warm, wrap them around the pie filling, pressing so you have a perfectly round pie, and scrunching the pastry at the bottom to stop it leaking. *Can be made up to two days ahead and kept in the fridge, or frozen for one month.*
5 Heat oven to 200C/180C fan/gas 6. Put the pies on a baking tray, brush with the beaten egg, and bake for 20-25 mins until golden brown. Meanwhile, bring the cooking juices to the boil and stir in the mint sauce. Remove the pies from the oven and arrange on a serving plate, with a jug of the minty gravy for pouring over.

PER SERVING (8) 417 kcals • fat 22g • saturates 11g • carbs 32g • sugars 3g • fibre 3g • protein 22g • salt 0.5g



Honey-roast celeriac with mushrooms & thyme

This is a home-cooked version of the rotisserie celeriac we do at The Coach and Kerridge's Bar & Grill.

SERVES 6-8 **PREP** 20 mins **COOK** 2 hrs **EASY** **V**

1 small celeriac (about 900g), trimmed and peeled
small bunch thyme
100ml honey
50g butter, diced
2 button mushrooms
handful parsley leaves, finely chopped
truffle oil (optional)

1 Heat oven to 200C/180C fan/gas 6. Put the celeriac in a large saucepan, cover with cold water and season. Bring to the boil, then turn down to a simmer for 10 mins.
2 Carefully lift the celeriac out of the water and transfer to a large roasting tin. Arrange the thyme around the celeriac, drizzle over the honey and top with the butter. Bake for about 2 hrs, basting every 20 mins, until the celeriac has a golden glaze and feels tender when a knife is inserted into the middle.
3 Cut the celeriac into wedges, finely grate the raw mushrooms over the top, sprinkle with the parsley and drizzle with truffle oil, if you like.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING (8) 119 kcals • fat 6g • saturates 3g • carbs 12g • sugars 11g • fibre 6g • protein 2g • salt 0.3g


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recipes BARNEY DESMAZERY ***and*** CASSIE BEST ***photographs*** TOM REGESTER

One-pan roasts



Thai green curry roast chicken, p54

Blackened roast salmon with avocado & mango salsa

Use punchy Cajun spices to flavour this salmon dish. The fresh avocado & mango salsa and the zingy lime juice cuts through the rich, spicy flavours of the salmon, bringing a little sunshine to your Sunday lunch.

TOP TIP
This dish works well with individual fillets of salmon, too. Just reduce the final cooking time to 12 mins. You could also use whole sea bream or bass – the timings will vary depending on the size of the fish.

SERVES 4-6 **PREP** 10 mins **COOK** 50 mins
MORE EFFORT ❄

2 tbsp smoked paprika
1 tsp dried oregano
½ tsp cayenne pepper (or just a pinch if you want less heat)
1 tbsp soft light brown sugar
2 limes, zested, 1 juiced and 1 cut into wedges
1 garlic clove, crushed
3 tbsp olive or rapeseed oil
3 peppers, cut into chunks
2 red onions, peeled and cut into wedges
2 x 400g cans black beans, drained
850g side of salmon, pin-boned and scaled

For the salsa

3 small or 2 large ripe avocados
1 small, firm ripe mango
1 red chilli, finely chopped
small bunch coriander, chopped

1 Heat oven to 200C/180C fan/gas 6. Mix the paprika, oregano, cayenne, sugar, lime zest, garlic and oil in a bowl with a good pinch of salt. Toss the peppers, onions and beans with half of the spice paste in a large roasting tin, then cook in the oven for 25 mins.
2 Remove from the oven and give the veg and beans a good mix. Lay the salmon on top, skin-side down, then brush over the remaining spice paste. Bake for a further 25 mins, until the salmon is cooked through.
3 Meanwhile, for the salsa, halve, stone and finely chop the avocados and mango. Mix with the lime juice, chilli, coriander and some salt. Serve the salmon, veg and beans with the salsa and lime wedges for squeezing over.

GOOD TO KNOW **folate • fibre • vit c • omega-3 • 3 of 5-a-day • gluten free**
PER SERVING **(6) 589 kcals • fat 36g • saturates 7g • carbs 23g • sugars 13g • fibre 11g • protein 36g • salt 0.5g**





This fresh and zingy salsa is the perfect accompaniment to oily fish

Stuffed squashetta

A veggie roast everyone will love; this squashetta is packed with nuts, barley, herbs and zest, so it has plenty of flavour and lots of lovely textures.

SERVES 6 **PREP** 15 mins **COOK** 2 hrs **MORE EFFORT** V

150g pearl barley
1 vegetable stock cube
25g pine nuts
25g flaked almonds
1 tsp fennel seeds
2 tsp coriander seeds
1 large butternut squash (about 1.2kg)
3 tbsp olive or rapeseed oil, plus a drizzle
1 red onion, finely chopped
1 leek, finely chopped
2 garlic cloves, finely chopped
200g feta, crumbled
small bunch sage, picked and chopped
few sprigs rosemary, leaves picked and chopped
50g dried cranberries or apricots, chopped, or a mixture of both
1 lemon, zested

For the tahini sauce
2 tbsp tahini
1 lemon, juiced
1 tbsp honey
small bunch parsley, chopped

1 Cook the pearl barley following pack instructions, crumbling the stock cube into the boiling water for extra flavour. Drain and set aside to cool.
2 Meanwhile, toast the pine nuts and almonds in a dry pan until nutty brown. Tip into a bowl and set aside. Use the same pan to toast the fennel and coriander seeds for a couple of mins, until aromatic. Grind the spices using a pestle and mortar.
3 Cut the squash in half lengthways through the centre. Scoop out and discard the seeds and any fibrous bits. Keep scraping to carve out a channel down the centre of both squash halves for stuffing, you may need to score the flesh with a knife first if your squash is very firm. The squash shell should be about 1.5cm thick all over when you've finished. Roughly chop any squash you remove and set aside. Score the flesh of the 2 squash halves in a criss-cross pattern, trying not to pierce the skin, rub with 1 tbsp oil and season well.
4 Heat oven to 180C/160C fan/gas 4. Heat the remaining 2 tbsp oil in a pan and cook the onion, chopped squash and leek for 8-10 mins until soft. Stir in the garlic and cook for another min. Add the pearl barley, nuts, spices, feta, herbs, dried fruit and lemon zest. Season well and cook for a min or 2 more, then pack the filling into the cavities in the 2 squash halves, keep any leftover stuffing. Tie the halves back together with kitchen string, as you would a joint of meat. The squash will shrink a little as it cooks, so make sure you make the knots nice and tight. Rub the outside with a little more oil and season well. Alternatively, wrap well in foil.
5 Place in a roasting tin lined with some foil or parchment and cook for 1 hr. Check if the squash is cooked by inserting a knife, it should go in with little resistance and the flesh should feel soft. Scatter any remaining stuffing around the squashetta and return to the oven for another 5 mins to warm through. Mix the tahini, lemon juice, honey and a drizzle of water to make a dressing. Carve the squash into slices and serve drizzled with the tahini sauce and scattered with parsley.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 430 kcals • fat 22g • saturates 6g • carbs 42g • sugars 15g • fibre 6g • protein 13g • salt 1.3g

MAKE IT VEGAN
TRY THIS SIMPLE SWAP

- **Leave out the feta** *to make it vegan. If you find you're missing a bit of a salty, umami kick, you can replace it with 2 tbsp soy sauce or mushroom ketchup.*



Squash is stuffed and tied in this clever new veggie centrepiece. Serve with nutty tahini sauce

Honey-glazed brisket with soured cream & chive mash

Let the oven do all the hard work with this slow cooked beef brisket. If you like pulled pork, this is a nice alternative with plenty of beefy flavours. Leftovers make a great hash the next day, too.

SERVES 6-8 **PREP** 15 mins **COOK** 8 hrs **MORE EFFORT** ❄

3 tbsp vegetable oil
2-2½ kg piece beef brisket, rolled and tied (ask your butcher to do this for you or see below)
1 tbsp smoked paprika
1 tbsp English mustard powder
2 tsp dried onion powder
1 tsp ground cinnamon
pinch dried ground cloves
6 tbsp light brown soft sugar
100g honey
2 red onions, sliced
4 bay leaves
4-6 small carrots, peeled and halved or quartered lengthways or 300g Chantenay carrots
100ml red wine vinegar

For the soured cream & chive mash

4-6 large baking potatoes, unpeeled
250g soured cream
75g butter, plus extra to serve
splash of milk
small pack chives, chopped

1 Heat 1 tbsp oil in a large, deep flameproof roasting tin or in your largest flameproof casserole dish. Season the beef well and sear in the tin until nicely browned all over. Meanwhile, mix the paprika, mustard powder, onion powder, cinnamon, cloves, 2 tbsp sugar, 2 tbsp honey and 2 tbsp of the whiskey in a small bowl with a generous amount of salt and pepper. Lift out the beef and scatter the onions and bay leaves over the base of the dish, pour in 100ml water and put the beef back on top. Brush the spice paste all over the meat. You can now chill the meat for up to a day, if you like.

2 Heat oven to 150C/130C fan/gas 2. Wrap the tin tightly in a few sheets of foil, or cover with a lid, and bake for 6-7 hrs, turning once or twice during cooking, spooning the juices over the meat and topping up with a splash more water if the bottom of the pan is dry.

3 Increase the temperature to 200C/180C fan/gas 6. Toss the carrots with the onions around the beef, season then recover with the foil. Pierce the potatoes a few times each and place on the shelf below the beef. Cook for a further 45 mins.

4 Meanwhile, pour the remaining sugar, honey and vinegar into a pan. If there is lots of liquid in the tin, add most of this too (but leave some so the meat doesn't dry out). Season and bubble to make a sticky glaze. Uncover the meat and carrots, brush with the glaze and cook for another 15 mins until the meat is dark, glossy and very tender, and the carrots and potatoes are soft. Remove from the oven, cover the meat loosely with foil and leave to rest for 15 mins.

5 Put the potatoes in a bowl and, when cool enough to handle, use kitchen scissors to cut them into pieces – you want to keep the skin in the mash for extra flavour but any big bits will be chewy so try to break it down as much as possible with the scissors, then mash well with a potato masher. Add the soured cream, butter, milk and most of the chives, season really well and mash again. Transfer to a bowl and top with a knob of butter and the remaining chives. To serve, either cut into thick, tender slices or shred the meat with two forks, discarding any string as you go. Serve with the mash, carrots and onions and spoon over the juices.

GOOD TO KNOW iron • 1 of 5-a-day • gluten free
PER SERVING (8) 987 kcals • fat 59g • saturates 26g • carbs 55g • sugars 29g • fibre 5g • protein 51g • salt 0.6g

Watch our video on how to tie a butcher's knot – see *bbcgoodfoodme.com/tie-butchers-knot*



One-pan lamb with hasselback potatoes

We've kept the flavour of the lamb simple here with classic herbs and garlic, but slices of anchovy, slivers of chilli or nuggets of feta would all be delicious pushed into the slits. It's nice if all the potatoes are roughly the same size so rather than buying a bag, choose them loose.

SERVES 6-8 **PREP** 30 mins plus resting **COOK** 2 hrs **EASY** ❄ lamb only

1 leg of lamb, about 2kg
2 garlic bulbs
15 sprigs each rosemary and thyme
1.7 medium-sized potatoes (Maris Piper work well), unpeeled
14 bay leaves
4 tbsp olive oil
1 lemon, juiced

1 Use a small, sharp knife to make at least 30 small, deep, incisions all over the lamb. Halve the garlic bulbs, so at the top the cloves fall away and at the bottom, they remain attached. Peel and slice the tops that have fallen away and keep the other halves for later. Use your fingers to push the slices into each slit. Next, pull off small sprigs of rosemary and thyme, keeping the stalks on, and poke them into the slits, too. *Can be done a day ahead, then cover the lamb and chill.* Remove from the fridge 1 hr before roasting.
2 Heat oven to 210C/190C fan/gas 7. Sit each potato between the handles of two wooden spoons and cut widthways at 3mm intervals – the spoon handles will stop you slicing all the way through. Slot a bay leaf into the middle slit of each potato. Tip the potatoes into a large roasting tin with the halved garlic bulb and the rest of the rosemary and thyme. Drizzle with half the oil and season, then toss to coat and turn the potatoes so they're all cut-side up. Nestle the lamb in the middle of the tin, pushing the potatoes to the outside, then rub the lamb with the rest of the oil and the lemon juice and season generously. Roast for 1 hr 30 mins, basting the potatoes and shaking the tin occasionally, until the lamb is dark brown and the potatoes are crisp and golden. The lamb will be pink in the middle but cooked. For rare, cook for 10 mins less, and for well done, 15 mins more. Remove the lamb from the tin and leave to rest for 15 mins, putting the potatoes back in the oven if you need to. Serve drizzled with the dressing (see below).

GOOD TO KNOW iron • gluten free
PER SERVING (8) 525 kcals • fat 24g • saturates 9g • carbs 35g • sugars 2g • fibre 4g • protein 41g • salt 0.2g

STEP-BY-STEP *hasselback potatoes*



1 Place two wooden spoons opposite each other, and place a potato in between the handles



2 Slice the potato thinly – the spoon handle will stop you from slicing all the way through



3 Gently open up the potato slices and repeat

Green olive & herb dressing

Finely chop **50g pitted green olives** and tip into a bowl with a **large handful each of chopped parsley and mint leaves**. Drizzle in enough **extra virgin olive oil** to just bind everything, then add **1 tsp red wine vinegar**, a small **pinch golden caster sugar** and a pinch of salt. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW gluten free
PER SERVING (8) 64 kcals • fat 7g • saturates 1g • carbs 0.2g • sugars 0.1g • fibre 0.3g • protein 0.1g • salt 0.2g



Try the hasselback technique with other vegetables like sweet potatoes or chunks of parsnip

Thai green curry roast chicken

SERVES 4 **PREP** 5 mins **COOK** 1 hr 15 mins **EASY** ❄

1 whole chicken (about 1.5kg)
2 lemongrass stalks, bashed
2 limes, 1 halved, 1 cut into wedges
2cm piece ginger, skin on and squashed once with the flat part of a knife
2 tbsp Thai green curry paste
1 tsp sunflower oil
1 tsp brown sugar
400g can coconut milk
2 tsp fish sauce
small pack coriander, chopped (optional)
1 red chilli, sliced, to serve
cooked rice and greens, to serve

1 Sit the chicken in a flameproof roasting tin or shallow casserole dish and stuff the lemongrass, lime halves and ginger in the cavity. Mix half the curry paste with the oil and use your hands to smear the curry paste all over the chicken and under the skin. *Can be prepared up to a day ahead and left to marinate, covered, in the fridge.* Take out an hour before roasting.
2 Heat oven to 200C/180C fan/gas 6. Cover the tin with foil and roast for 40 mins, then remove the foil and roast for another 30 mins until the chicken is cooked through and golden. Lift the chicken, draining the roasting juices back into the tin, and sit on a board or dish that will catch the juices. Use a pair of tongs to remove the lime, lemongrass and ginger from the cavity and place them in the tin with the remaining curry paste and brown sugar. Place the tin back on the heat and sizzle everything together, squashing the lime with the back of a spoon until everything is sticky. Pour in the coconut milk and bring to a simmer, stirring well, then add any resting juices and the fish sauce. Simmer again briefly, then sit the chicken back in the tin and scatter with coriander, if using, and the chilli. Bring the chicken to the table and serve with rice and greens with the curry sauce spooned over, and extra lime wedges on the side for squeezing over.

GOOD TO KNOW gluten free
PER SERVING 721 kcals • fat 49g • saturates 23g • carbs 5g • sugars 3g • fibre 1g • protein 64g • salt 1.2g

gf tip

MAKE IT MIDWEEK

● *For a quicker version, use* **chicken thighs** *which only take 40 mins – place them in the tin on top of the ingredients to go in the chicken cavity and continue with the recipe. Cook uncovered.*

Shoot director ELIZABETH GALBRAITH | Food stylist JENNIFER JOYCE | Stylist SARAH BIRKS


To make this into a red curry roast chicken, simply swap green curry paste for red

Get the most from your roast

You've chosen a recipe, now make the most of it with our helpful hints and tips, plus a useful way of using up leftover squash

WARM YOUR PLATES

Warm serving plates and bowls before taking them to the table so your meals are piping hot, this is particularly important when serving lamb as any fat will start to set and solidify on a cold plate. Once you've switched off the oven, leave it to cool a bit, then put the plates in to warm. Arrange them in several stacks and rotate them so they all get equally warm. The easiest way to warm a gravy boat is to fill it with boiling water and then tip out before adding gravy.

INTERNAL TEMPERATURE CHART

It's always best to check that your roasts are cooked properly with the tip of a knife or a thermometer, rather than rely on cooking timings which can be skewed by the efficiency of your oven, the tin you are cooking it in, or what else you're cooking at the same time.

ROAST	TEMPERATURE WHEN THE MEAT IS SAFELY COOKED
CHICKEN	74C
LAMB AND BEEF	52C FOR RARE 60C FOR MEDIUM 71C FOR WELL-DONE



OVEN TEMPERATURES

Check your oven temperature by using a thermometer; many ovens run a little low or high and if you know your oven does this, you can adjust the timings. The type of thermometer that hangs in your oven is useful – put it in before you heat the oven and make sure you can see it through the door. Once the oven has reached the temperature according to its own internal thermometer, check it against the other one.

CHOOSE YOUR COOKING DISH WITH CARE

- *Check dishes you want to cook in are ovenproof, and bear in mind that if you use a cast iron dish, it will retain heat and keep cooking for a while after you take it out of the oven.*



Squash & barley salad

SERVES 1 PREP 10 mins NO COOK EASY V

Roughly chop **75g leftover roast squash** and put in a bowl with around **75g of the barley stuffing mixture**. Add **½ tbsp olive oil**, **½ tbsp pomegranate molasses**, **¼ diced cucumber**, **1 diced tomato**, and toss everything well with some seasoning. Drizzle over any **leftover tahini sauce** or a drizzle of yogurt to serve. This makes a great lunchbox for the next day.

GOOD TO KNOW healthy • low cal • vit c • 3 of 5-a-day
PER SERVING 312 kcals • fat 17g • saturates 4g • carbs 31g • sugars 16g • fibre 4g • protein 8g • salt 1g

FREEZING YOUR LEFTOVERS

Leftover meat from the lamb, beef or chicken can be frozen. It's handy (but not vital) to have an idea of what you might use it for so you can cut it into the required size before you freeze. Wrap tightly or pack it tightly into a box, and pick out any ingredients such as herbs that won't benefit from freezing. If there's sauce or gravy, add this to the meat. Again, if there are herbs or veg that won't survive, then sieve the gravy first. Don't forget to label the box or you'll being playing freezer roulette a couple of months later.



HEALTHY MEETS DELICIOUS

THIS SEASON, EAT WELL RESTAURANT PRESENTS A NEW MENU AND STUNNING ARTISANAL DESSERTS

Located in the heart of Dubai, eat well Restaurant at Dubai Herbal & Treatment Centre boasts a unique lifestyle space for socialising and enjoying delicious comfort food with a healthy twist.

To unveil eat well's newest dining offerings, the sophisticated lifestyle restaurant is presenting a new summer menu in April. These new and delicious menu additions are a chance to indulge in the freshest seasonal fare.

The new menu, which is entirely free from gluten and refined sugar, is designed to let guests mix and match colourful dishes to customise their perfect dine-in experience. Categories on the menu include breakfast, salad, starters, mains, and desserts, spanning an extensive variety of healthy yet delectable eats.

Starter selections are light, refreshing that highlight seasonal ingredients. The snack platter for two (comes in vegan and non-vegan variations) features tasty bites such as cauliflower buffalo chicken nuggets, taco cups with creamy beef, broccoli bites and stuffed potato cakes, alternatively you can try the vegan variation of taco cups with eggplant, chickpeas and vegan cheese sauce, broccoli bites, stuffed potato cakes and lentil & carrot fritters.

Guests can receive their daily fill of essential greens from the vegan section of the menu, with dishes such as #Cookingforpeanuts, or vegan Thai red curry and flat noodles. You can also opt for a lemon chicken and vegetable ratatouille or sea bass & lemony green risotto and flank steak & salad, among other healthy choices. Finally, guests can end the meal on a sweet note with colourful vegan desserts, such as the berries & chocolate cone, chocolate fondant, or the green panna cotta.

















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Cracking Easter bakes

Easter Sunday falls on April 21 this year. Start celebrating and enjoy these treats all month.

photographs TOM REGESTER



Easter is just around the corner. But the thrill of the day is not just chocolate eggs – it's toasted hot cross buns thickly spread with salted butter, marzipan-filled Simnel cake and pretty iced biscuits. Carrot cake feels right this time of year, too. Of course, I couldn't leave out the chocolate entirely. I've come up with a chocoholic's dream cake this year, topped with a giant chocolate pretzel nest filled with chocolate eggs. Just don't forget to save some space for the lamb. Happy baking!
Cassie Best, Senior food editor

Easter nest cake

This showstopper is surprisingly easy to make, so you can let the kids take charge. The chocolate sponges are made with oil, so there's no creaming butter to worry about – just mix wet and dry ingredients together and bake. The crowning glory, a giant chocolate pretzel nest, is held together with melted marshmallows, which means it's easy to divide into portions. Fill the nest until ready to burst with your favourite chocolate eggs, then dive in!

SERVES 12-15 PREP 45 mins plus a few hrs cooling
COOK 30 mins EASY V ❄ sponges only

For the chocolate sponges
200ml vegetable oil, plus extra for the tin
250g plain flour
6 tbsp cocoa powder
2 tsp baking powder
1 tsp bicarbonate of soda

250ml buttermilk
2 tsp vanilla extract
3 large eggs

For the nest
200g marshmallows
100g butter, chopped into chunks
2 tbsp cocoa powder
75g salted pretzels, crushed
4 shredded wheat biscuits, crushed
chocolate eggs, to decorate

For the icing
150g slightly salted butter, softened
2 tbsp cocoa powder
300g icing sugar
4 tbsp milk

1 Heat oven to 180C/160C fan/gas 4. Oil and line two 20cm round cake tins. Add the flour, cocoa powder, baking powder, bicarb, sugar and a large pinch of salt to a bowl. Mix with a whisk, squeezing any large lumps of sugar through your fingers, until you have a fine, sandy mix.
2 Whisk the oil with the buttermilk in a jug. Stir in the vanilla and eggs, then pour the wet ingredients into the dry and mix until there are no more streaks of flour. Divide the mixture between the tins and bake for 25 mins. Test the cakes by inserting a skewer into the centre – if there is any wet mixture on the skewer, return the cakes to the oven for 5 mins more, then check again. Leave the cakes to cool in the tins for 15 mins, then transfer to wire racks to cool fully.
3 Next, make the nest. Clean one tin and line it with some oiled baking parchment. Put the marshmallows and butter in a heatproof bowl and microwave on high for 1 min, stirring halfway through (or heat gently in a pan on the hob). Continue microwaving in 20-second blasts until you get a runny mixture. Stir in the cocoa, pretzels and shredded wheat until well combined. Tip the mixture into your lined tin and use the back of your spoon to create a nest shape. Leave to cool at room temperature for a few hrs, or chill in the fridge if you need it to set faster.
4 To make the icing, beat the butter, cocoa, icing sugar and milk together until smooth, adding a splash more milk if the mixture is too stiff. Assemble the cake by stacking the sponges with icing in between, topping with more icing and the nest. Fill your nest with as many chocolate eggs as it will hold, then serve. It may be easier to cut the cake if you remove the nest – you can then chop the nest into chunks and serve alongside the cake.

PER SERVING (15) 606 kcals • fat 31g • saturates 11g • carbs 72g • sugars 47g • fibre 3g • protein 8g • salt 1g




This marshamallow nest looks impressive but is easy to make and tastes great too!
The chocolate cake will keep in an airtight container for up to five days


If you can't find orange food colouring, mix red and yellow together



Carrot patch cake, p64



Carrot patch cake

This simple carrot cake tastes great on the day it's made, but even better a day or two later, so make ahead if you can.

SERVES 10-12 PREP 25 mins COOK 1 hr 10 mins EASY V ❄ un-iced cake

175ml vegetable oil, plus extra for the tin
75g natural yogurt
3 large eggs
1 tsp vanilla extract
200g self-raising flour
250g light muscovado sugar
2 tsp ground cinnamon
¼ fresh nutmeg, finely grated
200g carrots (about three), grated
100g sultanas or raisins
100g pistachios, finely chopped (or slivered if you can get them)

For the icing

100g slightly salted butter, softened
200g icing sugar
100g full-fat cream cheese
50g fondant icing or marzipan
orange food colouring

1 Heat oven to 180C/160C fan/gas 4. Oil and line a 900g loaf tin with baking parchment. Whisk the oil, yogurt, eggs and vanilla in a jug. Mix the flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.
2 Add the wet ingredients to the dry, along with the carrots, raisins and half the pistachios. Mix well to combine, then scrape into the tin. Bake for 1 hr 10 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, then check again. Leave to cool in the tin.
3 To make the icing, beat the butter and sugar together until smooth. Add half the cream cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cake from the tin and spread the icing thickly on top. Scatter with some of the remaining pistachios. Dye the fondant or marzipan orange by kneading in a drop of food colouring. Roll into little carrot shapes, then use a skewer to make indentations and poke a few pistachios in to look like fronds. Top the cake with the carrots, then serve.
Will keep in the fridge for up to five days (eat at room temperature).

PER SERVING (12) 546 kcals • fat 30g • saturates 8g • carbs 63g • sugars 49g • fibre 3g • protein 6g • salt 0.5g

Lemon drizzle Simnel slices

Lemon drizzle meets almondy Simnel cake in this bake. The layer of marzipan is a traditional addition from the Simnel, as are the 11 marzipan balls, which are said to represent Jesus' disciples (excluding Judas Iscariot).

CUTS INTO 16 pieces PREP 35 mins COOK 40 mins EASY V

oil, for the tin
250g butter, softened
250g golden caster sugar, plus 50g for the topping
2 large lemons, zested and juiced
3 large eggs
200g plain flour
100g ground almonds
2½ tsp baking powder
50ml milk
100g mixed dried fruit
300g marzipan, chilled
50g icing sugar

1 Heat oven to 180C/160C fan/gas 4. Oil and line a 20cm x 30cm baking tin with baking parchment. Beat the butter and sugar with most of the lemon zest until pale and fluffy. Add the eggs one at a time, mixing constantly, then add the flour, almonds and baking powder, and keep mixing until you have a smooth cake batter. Stir in the milk and dried fruit.
2 Scrape half the cake batter into the tin and level the surface. Coarsely grate half the marzipan onto the batter to create an even layer, then cover with the rest of the batter, trying not to disturb the marzipan too much. Level the top and bake for 35-40 mins or until a skewer inserted into the centre comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for 5 mins, then check again. Mix the remaining caster sugar with a quarter of the lemon juice, then drizzle over the cake while still warm. Leave the cake to cool in the tin.
3 Mix the icing sugar with enough lemon juice to make a drizzly icing – 2-3 tsp should be enough. Divide the rest of the marzipan into 11 even lumps and roll into balls. Drizzle the icing over the cake, top with the apostles and sprinkle with the remaining lemon zest.
Will keep in an airtight container for up to five days.

PER SLICE 401 kcals • fat 20g • saturates 9g • carbs 48g • sugars 39g • fibre 1g • protein 6g • salt 0.5g


Decorate with a drizzle of icing and marzipan balls

Chocolate checkerboard hot cross buns

Split one batch of dough to make two types of bun – dark chocolate & orange and white chocolate & cherry. You'll be going back for seconds!

MAKES 12 **PREP** 45 mins plus 1½ - 2½ hrs rising
COOK 30 mins **MORE EFFORT** V ❄

250ml whole milk
50g butter, chopped into chunks
2 tbsp cocoa powder
500g strong white flour, plus 100g for the crosses
1 tsp ground cinnamon
85g golden caster sugar
7g sachet fast-action dried yeast
1 large egg
150g mixed dried fruit
50g dark chocolate, chopped into small chunks
1 orange, zested
50g dried sour cherries
50g white chocolate, chopped into small chunks
oil, for the bowls and baking tray
2 tbsp apricot jam (optional)

1 Warm the milk in a saucepan until steaming. Remove from the heat, then add the butter. Swirl to melt the butter and cool the milk a little. Mix the cocoa with 2 tbsp boiling water, then set aside to cool.
2 Mix 500g flour, the cinnamon, sugar, yeast and ½ tsp salt in a bowl. When the milk mixture is still warm, add it to the flour bowl along with the egg, and mix to form a sticky dough (use a tabletop mixer if you have one). Continue mixing, then kneading, until the dough is less sticky and feels springy, about 8-10 mins. Add the dried fruit and mix again until the fruit is evenly spread through the dough.
3 Put a clean bowl on your scales. Scrape the dough into this bowl to weigh the full quantity, then return half of it to the original bowl. Add the cocoa mixture, dark chocolate and orange zest to one bowl, and the white chocolate and cherries to the other. Knead each dough for a further minute or until well mixed. Return each dough to a cleaned, oiled bowl, cover with a tea towel or cling film and leave somewhere warm for 1-2 hrs (depending on your kitchen temperature) until the dough has roughly doubled in size.
4 Knead and fold each dough a little bit to knock out some air. Divide each dough into six balls (use the scales if you want your buns to be perfectly sized.) To shape the buns, take a piece of dough in your palm, pull a corner into the middle and press to seal. Continue doing this around the edge of the dough to create a tight bun shape when you flip the dough over. Shape all the buns, then arrange them on a lightly oiled tray in a chequerboard pattern, leaving about 1.5cm around each one to allow space for rising. Cover the tray loosely with oiled cling film and set aside for 30 mins-1 hr until almost doubled in size again. Heat oven to 200C/180C fan/gas 6.
5 Mix the remaining flour with enough water to make a thick paste, about 80ml. Transfer the paste to a piping bag and snip a small opening. Uncover the buns and pipe a line along each row, then repeat in the other direction to make crosses. Bake for 25-30 mins until the buns are golden brown. Leave to cool.
6 Warm the jam in a saucepan and brush over the buns for a glossy finish, if you like. To serve, split the buns, toast them under the grill and enjoy with lots of salted butter.

PER SERVING 362 kcals · fat 9g · saturates 5g · carbs 59g · sugars 21g · fibre 3g · protein 10g · salt 0.4g

gf tip
For plumper fruit, soak overnight in the juice from the orange before making the buns.




Best served warm with some salted butter
The glaze may burn in a toaster, so toast the buns under the grill

Iced Easter biscuits

This is an easy biscuit dough that works for all sorts of biscuits, and freezes well too. I've provided two decorating methods – you can either split the dough and make both, or just pick your favourite.

MAKES 18 **PREP** 1 hr 15 mins **COOK** 30 mins **EASY** **V** ❄ dough only

300g plain flour, plus extra for dusting
150g white caster sugar
150g slightly salted butter, chopped
1 large egg
2 tsp vanilla extract or vanilla bean paste

1 Weigh the flour and sugar into a bowl. Add the butter and rub together with your fingertips until the mixture resembles wet sand, with no buttery lumps. Beat the egg with the vanilla, then add to the bowl. Mix briefly with a cutlery knife to combine, then use your hands to knead the dough together – try not to overwork the dough, or the biscuits will be tough. Shape into a disc, then wrap in clingfilm and chill for at least 15 mins. Heat oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment.
2 Dust a work surface with flour. Halve the dough, then roll one half out to the thickness of a £1 coin. Use an egg-shaped cookie cutter (ours was 10cm long; you could also make a cardboard template to cut around) to stamp out as many cookies as you can, then transfer them to one of the baking sheets, leaving a little space between the biscuits. Repeat with the other half of the dough. If you want to make jammy-middle biscuits, use a small circular cutter to stamp holes in half the biscuits (where the yolk would be).
3 Bake for 12-15 mins, until the biscuits are pale gold. Cool on the sheets for 10 mins, then transfer to a wire rack to cool fully. Once cool, decorate to your liking (see below, right). *Will keep in an airtight container for up to five days.*

PER SERVING (18) 163 kcals · fat 7g · saturates 4g · carbs 21g · sugars 8g · fibre 1g · protein 2g · salt 0.2g

Jammy-middle Easter biscuits

Dust the biscuits with holes in the middle with a heavy coating of **icing sugar**. If you're using the full quantity of dough to make jammy middle biscuits, you'll need **400g apricot jam** or **lemon curd**. Spread the jam or curd generously over the whole biscuits, then sandwich the dusted biscuits on top.

Fancy icing Easter biscuits

To decorate all the biscuits in this manner, you'll need **500g royal icing sugar**. Add enough water to the sugar to make a thick icing – it should hold its shape without spreading when piped. Transfer about a third of the icing to a piping bag fitted with a very small round nozzle (or just snip a tiny opening at the tip). Pipe an outline around the biscuits, then draw patterns in the middle – lines, spots and zigzags work well. Leave to dry for 10 mins. Divide the remaining icing between as many colours as you'd like to use, then use **food colouring gels** to dye them. Loosen each icing with a few drops of water, then transfer them to piping bags. Use the coloured icing to fill the empty spaces on the biscuits. You may need to use a cocktail stick to tease it into the corners. Once covered, leave to dry for a few hours.

Shoot director MARTIN TOPPING | Food stylist KATY GILHOOLY | Stylist SARAH BIRKS


Make smaller biscuits to use up extra dough
Decorate with whatever colours and patterns you like



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health news

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Fitness staycation at W Dubai – The Palm

From April 11-14, 2019, W Dubai – The Palm will host the first-ever 'FUEL Weekend' in the Middle East – a fitness-focused staycation. The full weekend, three-night stay package at W Dubai will include, Barry's Bootcamp on the beach, workouts with UK sensation Bradley Simmonds, functional movement training with KO8 Fitness, ride with CRANK and SUP Yoga in the Arabian Gulf - W Hotels FUEL Weekend means working out never feels like work. Combining celebrity workouts, killer parties, delicious and healthy cuisine and unforgettable adventures all at one W destination.

Dubai's FUEL weekend will offer daily options for well-rounded workouts in multiple disciplines including yoga, movement + mobility, high intensity (HIIT), and water-based activities. At the helm of the classes are well-known, high-energy instructors who lead pro-level lessons (and stick around for the afterparty).

Indulging one's taste buds after an invigorating workout is a must. From welcome beverages and light bites upon arrival at Akira Back to brunch (Dubai style) with a poolside party at WET Deck, and dinner in Torno Subito where global culinary superstar Massimo Bottura mixes deeply personal nostalgia with the decidedly avant garde in a masterful yet playful menu of his favourite recipes, there's much to be savoured.

Rates for the FUEL weekend start at Dhs6,720 per person for double occupancy rooms and Dhs4,725 per person for single occupancy rooms. Package includes a three-night stay with breakfast, workouts and culinary experiences. To book, visit whotels.com/fuelweekends.

Plant power at Baker Street Café



Taking the stigma away from asking for dishes without meat and dairy, Baker Street Café is celebrating its plant-based guests with a range of new options. Complementing its vegan menu offering, "You're Not Picky, You're Free Spirited!" allows customers to customise their own vegan dish.

"A lot of the times, customers have certain dietary requirements that don't always fit in with the set menu," said Baker Street Café's owner Nada El Jarrah. "We've added a "Build Your Own Potato" item and a "You're Not Picky, You're Free Spirited!" section so customers can add and modify as they please."

Baker Street's vegan menu highlights include, couscous salad with spring onions, chickpeas, green peppers, tomatoes & coriander, roasted veg sandwich with grilled courgettes, roasted peppers & sun-dried tomatoes in a vegan toasted panini, and the sun-dried tomatoes & rocket fusilli dish of tomato pesto, sun-dried tomatoes, black olives, & rocket leaves on a lavish bed of vegan fusilli pasta.

The vegan menu comes with a vegan drink section that includes hot coffee, coffee on ice, a tea selection, smoothies and shakes, fresh juices and regular drinks. Customers can complement their food with a freshly-squeezed juice on the side. All milk-based drinks on the vegan drinks menu are made with soy milk. Baker Street Café is located in JLT and offers a cosy atmosphere for dine-in and accepts orders for delivery via phone, Deliveroo and Zomato. See bakerstreet.ae.

World Health Day at The Restaurant



Home-styled dining outlet, The Restaurant at Address Downtown, will launch a vegan-friendly, raw-food set menu, that will run through breakfast, lunch and dinner on April 7, 2019. The new menu offers a selection of fine food options, comprising of playful dish interpretations with nutritious value at its core. Some of the items include rawsome tart, coconut and ginger soup or beetroot ravioli to start, baked yams with spiced tofu or sweet & sour bok choy with miso noodles as main options and homemade coconut & soya panna cotta, peanut brownie cheesecake or light vegan chocolate fondant with mint sorbet for dessert.

Aside to the wholesome food variety, all guests who purchase the new World Health Day menu are entitled to full day complimentary gym access at the hotel's fitness centre.

The three-course set menu and gym access is available for Dhs110 per person. Call 04 8883444 or email dine@emaar.com.

Text SOPHIE VOELZING | Photographs SUPPLIED



Kibsons launch new DIY meal boxes

Kibsons, alongside celebrity chef Jenny Morris have created four new health-driven DIY Boxes to tempt your taste buds this month. The boxes are all breakfast-themed, and ideal for breakfast in bed or a lazy, relaxed weekend breakfast for the whole family with the freshest ingredients.

The new boxes are now available through kibsons.com, and include a classic mezze platter, a traditional shakshuka, baked cheddar and salmon egg muffins and a berry, banana and granola parfait box to choose from. All of the recipes are easy to put together and what's more, all of the ingredients can be delivered to your door. For more information, visit kibsons.com or call 800 5427667.

New pre- & post-natal yoga at Fairmont The Palm



Pre- and post-natal yoga classes are now available at Fairmont The Palm's Health Club with yoga specialist certified in mediation, Yin, Hatha, Luna and Vinyasa yoga, Ektaerina.

An expert in exercise for mums to-be before and after delivery of their little ones, guests can rest assured they will experience a relaxing and re-energising yoga class no matter what stage of their pregnancy. Ekaterina prides herself on being a well-rounded movement educator, promoting intuitive and healing therapies into her classes.

Ekaterina will offer classes every Sunday at 8.30am and Thursdays at 10.30am for 60 minutes, priced at Dhs85 per person.

For booking or more information on the fitness classes, visit beyourbestdxb.com or call Health Club on +971 4 457 3545 or email palm.healthclub@fairmont.com.



Root to stem at Ultra Brasserie

TIn support of sustainability, Ultra Brasserie has launched a zero-waste supplementary menu that is available during April. The 'Root to Stem' menu has been designed with ingredients that are 100% edible, from the root to the flower, nose to tail, or even fin to tail. Dishes on the month-long menu include grilled seabream with beet leaf salad, orange peel zest, fennel leaf, fennel and celery stalk shavings (Dhs58), cumin spiced roast pumpkin steak, gorgonzola, roast pumpkin seeds and a salad of spinach, pomegranate seeds, sprouts and pomegranate dressing (Dhs49), wilted beetroot leaf on sweet potato rosti, with two poached eggs and hollandaise (Dhs42), plus more.

The Root to Stem menu is available all throughout the month April in both Emaar Square (Call 04 420 4572) and Marina Plaza (Call04 277 5644) locations. Visit ultra.ae.

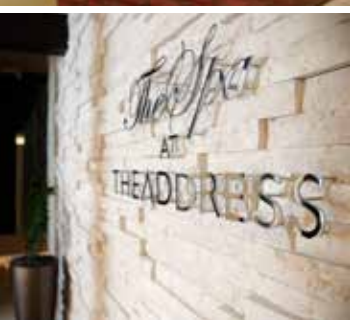
Wellness review

The Spa at The Address Dubai Marina

We visit The Spa at The Address Dubai Marina to discover its latest seasonal treatment, The Tea of Spring

Reviewed by **Sophie Voelzing**









Where?
The Spa, The Address Dubai Marina
Treatment: The Tea of Spring
The experience: New this season to The Spa, the Tea of Spring treatment is all about revitalising, detoxifying, stimulating and smoothing your skin through the use of a variety of teas.

Like most Brits, I love a good cuppa, so I'm curious to see what benefits that tea has to offer when used on my skin, as this treatment promises 'tea from around the world will work its magic on you'.

Upon arrival to the The Spa, I'm kindly greeted with a freshly-brewed cup of ginger tea and a fruit plate of melon cubes. If you arrive 30-minutes or so before a treatment, you can use The Spa's facilities, which include a steam room and sauna.

Available during the month of April 2019, the Tea of Spring treatment begins with a calming welcome that ensures I'm relaxed – the music, room and bed temperature, and lighting are all adjusted to my liking, and the therapist also consults on my preferred pressure before getting started.

A full-body Nepalese tea exfoliation comes first, using a blend of regenerative white tea and black tea for skin stimulation. The therapist thoroughly applies the scrub and rubs it in quite vigorously to ensure the tea does its job. Afterwards, I'm escorted to the room's private shower room to rinse off, which is when I get a feel of the results – super silky soft skin. I have quite dry skin, so I was surprised to find my skin feeling very moisturised at this point.

Back on the treatment table, a relaxing full-body Singapore massage follows, which features a combination of methods



used in Balinese and Thai massages. It's quite a firm massage that uses long stokes to loosen muscles and was fantastic for releasing aches and tension – particularly in my upper back and shoulder area.

To finish, the facial is deep cleaning and is performed using green tea, which has great antioxidant properties. A mask is rubbed onto my face and allowed to sit for 20 seconds or so before the therapist used a steaming instrument to fully wet my face and open up the pores. This was repeated twice, before the facial was finished off nicely with a refreshing mist and gel-like balm that refreshed my skin and woke me up from my dazed-like state – after 120-minutes of relaxing, I left floating on cloud nine.

After treatments at The Spa, refreshments of tea, infused water and dried fruits are served in the relaxation area, where all guests are invited to stay as long as they wish.

The bottom line: The Spa at The Address Dubai Marina offers inviting, premium interiors and warming hospitality. When compared with other five-star properties in the area, prices at The Spa are generally quite reasonable – it's definitely worth it if you're looking to escape for a couple of hours and relax.

Priced at Dhs780 per person for 120 minutes. The Tea of Spring treatment is available till the of April 2019.

Want to go? The Spa is located on the third floor of The Address Dubai Marina. For more information or to make a booking, call +97144367424 or e-mail spa.admmh@addresshotels.com.

Know your tea

There is so much more to tea than an everyday teabag. Not only are there many different types, but also different growing regions across the globe from China to Africa, Nepal to Cornwall. Our love for a good mug of 'builder's' doesn't mean we have to ignore all the other delicious leaves beyond that industrially processed bag.

Hand-crafted leaf tea can be an altogether more delicious undertaking. It's a bit like comparing a farm cheddar to a cheese slice, or a fillet of beef to a frozen hamburger. There is nothing wrong with either, but it's obvious where to find the best flavours. The lovelier leaves do cost more to produce and need more careful preparation, but the results are worth savouring.

Bags are convenient but they are only good for tiny broken fragments. Good leaves are much bigger and they unfurl as they infuse, re-hydrating and swelling. They need room to expand which can't happen in a bag. They need the teapot.

All tea comes from the same plant – camellia sinensis – it is how it's grown, harvested and crafted that produces the different types. Here, Henrietta Lovell shares a guide to different tea varieties...



White tea

White tea is the least processed as it's just dried. It is the lightest, most delicate tea, retaining the highest levels of antioxidants. The best are sweet and grassy with no bitterness at all. A cup of this is best drunk on its own to savour the subtle taste.



Green tea

Green tea is fired or steamed at high temperatures shortly after picking. The flavour varies as widely as types of white wine. The very best cost Dhs5,000 a kilo and are wonderfully smooth and rich. The cheapest leaves tend to be bitter and seaweedy. Green teas go well with savoury dishes.



Oolong

Oolong lies artfully between green and black tea, being partially oxidized. The lighter are green and fruity whereas the darker are roasted and nutty. Oolongs are the most versatile to enjoy with food – anything from cheesecake to steak.



Black tea

Black tea is fully oxidized to bring out the deepest flavours. The best hand-crafted leaf is highly prized and can taste of chocolate and caramel or highly floral, while cheaper versions tend to be more bitter and one dimensional. Black tea is best enjoyed with sweet dishes.



Pu'er tea

Pu'er is fermented tea, traditionally made in large discs known as cakes and crumbled into the teapot. The flavour is earthy and highly umami. It goes well with fatty foods.



Scented or flavoured tea

Teas can be scented with fresh flowers like jasmine or rose, or flavoured with citrus like bergamot oil in Earl Grey. Most commercial tea, however, uses flavours and scents, just as many fruit teas rely on flavourings rather than real fruit. Do look at the labels — it might not be as healthy as it sounds. You could be better off with a good quality, pure tea.



Herbal 'teas'

These aren't really teas at all but infusions of dried herbs, like chamomile, hibiscus, rooibos, lemon verbena, and mint. While all true teas contain caffeine, herbs do not, so they can be relaxing last thing at night. However, they lack some of the beneficial antioxidants too.

cassie's simple solutions

vegetable refusers



Our senior food editor **Cassie Best** solves your midweek cooking dilemmas with new simple recipe ideas

recipes CASSIE BEST ***photograph*** SAM STOWELL

the dilemma

My child won't eat vegetables.

the solution

Serve vegetables in a variety of ways. Purées and sauces are fine but try to include whole and chopped vegetables as part of their meals, too. Even if they refuse to eat them, they'll soon become the norm and hopefully your kids will learn to love them.

Whether they start out happily munching broccoli from a young age or have always refused to eat their greens, most children will go through a stage where they won't eat something, and vegetables are usually enemy number one. Getting the good stuff into your little ones can seem like a never-ending battle, so it's not surprising that some parents sneak 'hidden' veg into their kid's dinners. The topic is hotly debated – one camp thinks that hiding vegetables will only encourage veg-phobia, others just want to get nutrients into their children however they can. I tend to opt for a bit of both when cooking for my daughter, and this recipe keeps us both happy; she gets to experience different tastes and textures, and I know she's eating a balanced diet.

Green spaghetti & meatballs

SERVES 3 adults (8 meatballs each) or 6 toddlers (4 meatballs each)
PREP 15 mins **COOK** 25 mins
EASY ❄ sauce only

500g lean pork mince
1 apple, grated
1 tsp fennel seeds
1 tbsp oil
250-300g wholemeal spaghetti (for children, use white spaghetti as wholemeal can be too filling)
200g baby spinach, plus extra to serve
1 ripe avocado, stoned and peeled, plus extra to serve
small bunch basil
100g frozen peas
25g parmesan, grated, plus extra to serve

1 Mix the mince, apple and fennel seeds in a bowl. Divide and roll into 24 cherry tomato-sized balls. Heat the oil in a large frying pan. Cook the meatballs until golden brown and cooked through. Heat a large pan of water and cook the pasta following pack instructions. **2** Meanwhile, make the sauce. Set aside a handful of spinach, 4 tbsp peas and half the avocado for later. Pour hot water over the rest of the peas to defrost them, then drain well. Whizz the defrosted peas, spinach, avocado, basil and parmesan in a blender with 100ml of the pasta water, adding more if needed, to make sauce. Season well. **3** Add the reserved frozen peas to the pasta for the last min of cooking. Drain, saving some of the water, and tip the pasta into the meatball pan. Add the sauce and cook for a min or 2 until hot, adding more seasoning or pasta water if you need to. Serve a salad of spinach and avocado on the side and top the pasta with extra parmesan for adults, if you like.

GOOD TO KNOW (adults) calcium · folate · fibre · iron · 2 of 5-a-day
PER SERVING 720 kcals · fat 27g · saturates 8g · carbs 59g · sugars 5g · fibre 13g · protein 54g · salt 0.7g
GOOD TO KNOW (toddlers) healthy · calcium · folate · 2 of 5-a-day
PER SERVING 369 kcals · fat 13g · saturates 4g · carbs 35g · sugars 3g · fibre 4g · protein 26g · salt 0.7g

start the day with veg

If you can get a portion or two of fruit and veg in your little ones first thing, it can take the pressure off for the rest of the day. I call this dinosaur juice and my two-year-old loves it. Children should have no more than a 150ml glass of smoothie per day and it should be drunk with a meal and not as a snack.

Dinosaur juice

Whizz **2 chunks of frozen spinach** (or **2 handfuls fresh baby spinach**) with **½ an avocado**, **100g fresh or frozen chopped mango**, **1 banana** and **500ml milk** (we use unsweetened oat milk) in a powerful blender until smooth. Freeze leftovers in lolly moulds for desserts. *Serves 4.*

GOOD TO KNOW 1 of 5-a-day · gluten free
PER SERVING 134 kcals · fat 6g · saturates 1g · carbs 16g · sugars 11g · fibre 3g · protein 3g · salt 0.1g

Shoot director RACHEL BAYLY | Food stylist LOTTIE COVELL | Stylist SARAH BIRKS



Green spaghetti & meatballs

Dinosaur juice

african+eastern

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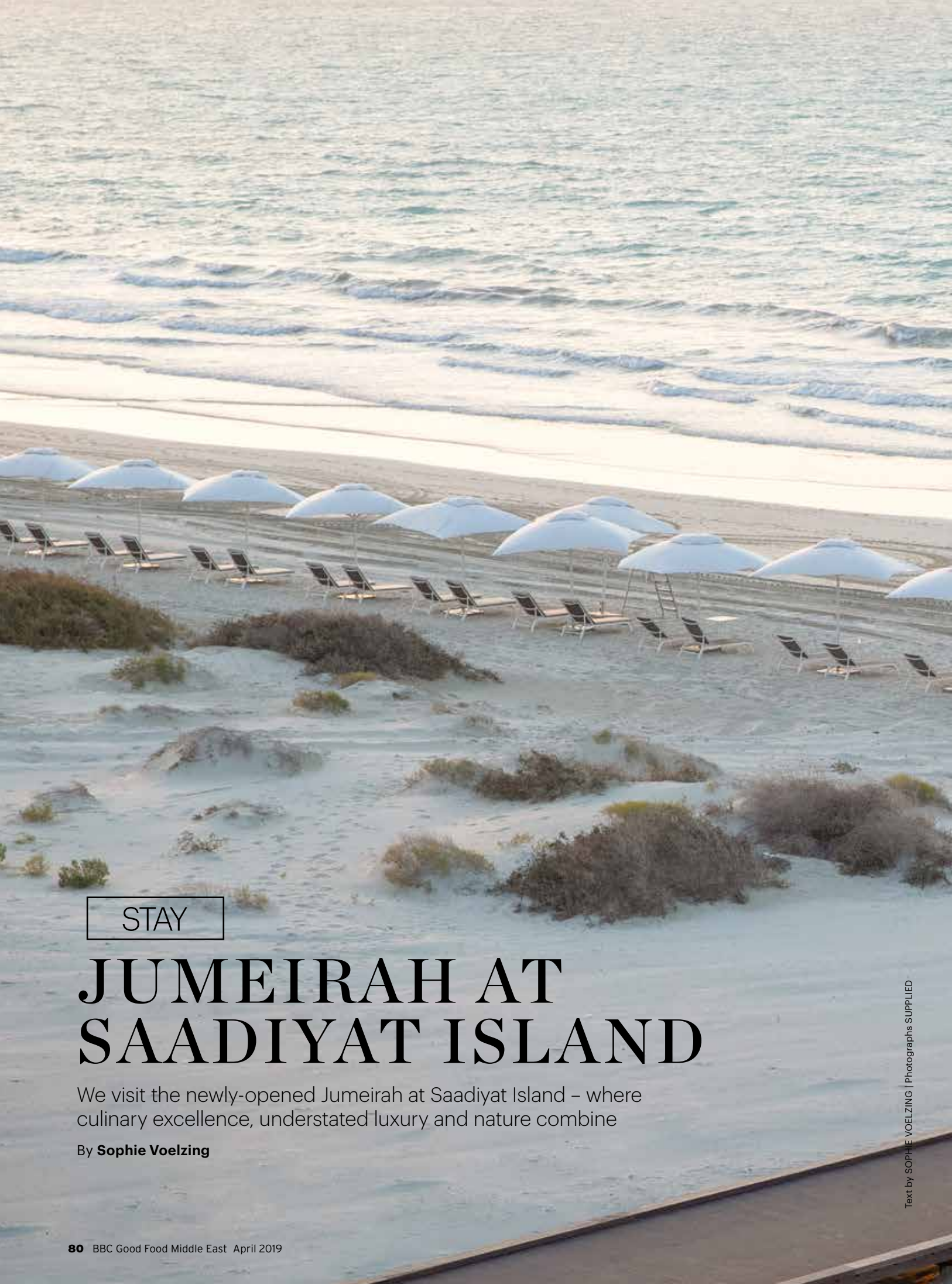
GOURMET LIFESTYLE



JUMEIRAH AT SAADIYAT ISLAND, p80



THE PHILIPPINES, p84



STAY

JUMEIRAH AT SAADIYAT ISLAND

We visit the newly-opened Jumeirah at Saadiyat Island – where culinary excellence, understated luxury and nature combine

By **Sophie Voelzing**

Text by SOPHIE VOELZING | Photographs SUPPLIED



Jumeirah at Saadiyat Island is the newest property to open on Abu Dhabi's most sought-after beachfront. Since opening its doors in November 2018, the resort has become a firm favourite with residents and tourists alike – and during our two-night visit, we quickly discover why.

Upon arrival, the first thing that strikes me are the hotel's white and blue clean, fresh, ocean-inspired interiors, which we're told are in-line with the property's sustainable mindset. Jumeirah at Saadiyat Island is Jumeirah's first-ever fully eco-friendly resort, operating without any single-use plastics.

While checking in, we're given our very own re-usable water bottles to keep, which can be filled up with either chilled still or sparkling water at any time from dedicated water stations around the resort. Once in the room, to my delight there's no sign of any plastic and even the in-room water sits in Jumeirah-branded glass bottles.

We stayed in an Ocean Deluxe King Room during our visit; just one of the resort's 292 room options, all of which offer floor-to-ceiling windows, private balconies overlooking the Arabian Gulf, and are beautifully decorated with earthy, natural tones.

On-site there's also eight private high-class villas, offering two, three and four-bedroom duplex villas with private pools five of which have their own spa treatment room.

Out on our spacious balcony, the sight's more than desirable. The azure waterfront property overlooks 400 meters of protected sand dunes and un-touched beach, with turtles, dolphins and oryx being just a few of the animals that call Saadiyat their natural home. If nature's your thing, don't miss the complimentary educational talks by the resort's Marina and Environmental team on Tuesdays, Thursdays and Fridays at the Pool Bar.

If you're lucky enough to visit during hatching season, you'll be





able to witness Hawksbill sea turtles journeying into the sea from nests burrowed along the nine-kilometer Saadiyat beach. The Hawksbill is a critically endangered species protected by the Hawksbill Turtle Conservation Programme, run by Abu Dhabi Tourism Development & Investment Company. Since its inception, some 650 eggs have hatched successfully on Saadiyat.

Dine

There's an array of food and beverage options available at Jumeirah at Saadiyat Island, catering to all tastes.

We arrived on a Thursday evening and for dinner visited Mare Mare, the resort's fully al fresco Italian restaurant serving up delights from the Mediterranean, set against a stunning ocean-front backdrop – dining with the sounds of lapping waves in the background is a treat here.

To start, we shared the steamed octopus with potatoes, and burrata served with heirloom tomato salad, both of which were simply prepared but tasted great – particularly with the freshly baked focaccia served to the table with great quality olive oil and balsamic. For main, the homemade tonnarelli pasta with chili, garlic, tomato and lemon zest, all topped with half of Canadian lobster is a delight to eat and is packed with flavour. To finish, the tiramisu is prepared classically – just how it should be. Potted individually, the dessert featured generous layers of creamy mascarpone and espresso-soaked lady finger biscuits, topped with a sprinkling of chocolate dust.

For breakfast the next day, we head to hotel's all-day dining outlet, White – which is by no means your average all-day dining venue. The stylishly designed restaurant serves local and international dishes across a spacious buffet area that features live cooking stations.





It's clear to see that high-quality is key to this breakfast buffet when it comes to ingredients, selection, preparation and presentation. We opt to have eggs made to our liking, paired with freshly cut fruits from the carving station, where we also find a range of infused waters and freshly pressed juices, ensuring a highly-nourishing start to the day. There's also a great variety of pastries, pancakes, waffles and more, if you're feeling indulgent.

For snacks throughout the day, there's the Pool Bar and a tea lounge located in the lobby called Majlis Saadiyat, which serves a premium selection of refreshments, tea, coffee and pastries throughout the day.

For sunset, The Lounge is the go-to spot for sundowners and snacks. This venue is also great for late-night cocktails and Thursday night brunch (details overleaf).

On our last evening, we ventured to the Levantine-inspired restaurant, TEAN – another beautiful beachfront outlet (we hear it's also the perfect spot for sundowners due to its location). Indoor and outdoor seating with shisha is available here, and the restaurant offers an inviting social buzz.

Classic Arabic food can be hit and miss, with common mistakes being an over-cooked, dried mixed grill, or overly acidic fattoush, but TEAN steers well away from any culinary errors, in fact it excels, and all dishes served were excellently prepared and presented.

We begin with a dish of super-smoothed hummus topped with tender chunks of lamb and a drizzle of olive oil, Persian feta and watermelon salad with figs, arugula and roasted walnuts, plus a generous serving of fattoush, comprising baby gem lettuce, cucumber, pomegranate, heirloom tomato, sumac and lemon – both salads were bursting with fresh ingredients and zesty dressings. For mains, we share a selection from the grill menu, including corn-fed chicken shish taouk with yoghurt and garlic, tender and juicy Australian Salt Bush lamb marinated with Arabic spice, plus grade 7 wagyu beef shish kebab cooked to a perfect medium temperature. For dessert,

DINING OFFERS AT JUMEIRAH AT SAADIYAT ISLAND

Restaurant reservations: +971 2 811 4444 | JSIRestaurants@jumeirah.com

MAJLIS SAADIYAT AFTERNOON TEA
The jewel in the crown of Majlis's menu, Afternoon Tea is served in an elegant tiered jewelry box. Every compartment will reveal gorgeous shareable 'treasures', and the tea accompaniments pair well, with cold infusion options being a highlight of the rich selection. Available every day from 2pm to 6pm, priced at Dhs155 per person.

THE RETRO SOCIAL AT THE LOUNGE
Wave a big bye-bye to the work week from the fifth-floor roof-top terrace and begin your weekend in style at The Lounge's new weekly Thursday evening brunch. Expect a menu and live stations preparing all the current street-food trends, paired with sounds from a live DJ spinning sixties, seventies and eighties purely from vinyl records. Taking place weekly from 8pm till 11pm, priced at Dhs345 per person, including boundless food and endless beverage.

THE BRUNCH SERIES AT WHITE
The Brunch Series has kick-started at White, which will see one mega-brunch take place each month. Explore a new pop-up concept every month serving food, a fun atmosphere and immersive activities for the little ones. The after-brunch vibe is brought to you courtesy of The Lounge, where you can continue the party and watch the sunset as you sip on signature cocktails for Dhs20 each. Alternatively, pre-book a free flow beverage package for Dhs175. Brunch dates vary month-to-month, so be sure to enquire with the reservation team (number above). Brunch takes place from 12.30pm to 4pm, with after-brunch party from 4pm to 8pm. Packages start from Dhs345 with soft drinks, and kids receive 50% off.

LOBSTER NIGHTS AT MARE MARE
Every Wednesday from 6pm to 11.30pm, enjoy taglioni pasta with a fresh lobster cooked to your liking for a true taste of coastal Italy. Expect the pasta rolled right in front of you, ensuring an interactive experience. Priced at Dhs220 per lobster.

TEAN SUNSET BARBECUE
Every Saturday from 5pm to 10pm, enjoy an evening Levantine BBQ by the sea. TEAN presents sunset BBQs, a Saturday evening affair that is as relaxed and filled with delicious food. Enjoy sharing mezze's and charcoal grilled cuts with a lively vibe set by the Arabian music programme. Priced at Dhs195 per person.







the traditional umm Ali brings the meal to an enjoyable close – creamy bread pudding topped with pistachio and raisins.

Overall, the dining experiences at Jumeirah at Saadiyat Island boast a high-standard of ingredients, paired with impeccable service.

Revitalise

Jumeirah at Saadiyat Island has three outdoor infinity pools, a children's pool with play area, a fully private beach, a Bodyism Wellness Centre with dedicated ladies' section, plus a tennis court – so there's plenty to keep you active around the resort. At the beach, there's also kayaks, stand-up paddle boards

For an ultra-luxurious experience, a visit the spa shouldn't be missed. Having only just opened, everything is brand new and the space exudes premium luxury. We indulged with a 60-minute full-body 'Saadiyat Revitalising' massage which used deep tissue methods to work out all the tension in my body, acupressure point stimulation and light stretching for revitalising, before finishing with long, soothing strokes for ultimate relaxation.

If a visit to the spa, the beach or the pool isn't really your thing, Abu Dhabi has a bunch of fun activities on offer, as well as cultural. Just a short drive away, there's the Sheikh Zayed Grand Mosque, the Louvre Abu Dhabi, theme parks (Yas Water World, Ferrari World and Warner brothers) and luxury shopping destinations, all within 30-minutes reach distance.

Jumeirah at Saadiyat Island offers understated luxury, top-level culinary options, and plenty of activities, all served up on one of the UAE's most beautiful beachfronts.

STAY

Jumeirah at Saadiyat Island
Call: 02 811 4444
E-mail: JSIQuestions@jumeirah.com
Visit: jumeirah.com/Abu_Dhabi/Saadiyat



THE PHILIPPINES

Home to over 7,000 tropical islands, the Philippines is an exciting region of culinary diversity. With Filipino cuisine on the rise as a trend, it's the place to explore this year

words KATE ROWE

Surrounded by the tropical Pacific, the Philippine islands form part of the Malay archipelago stepping stones from Southeast Asia to Australia. The bulk of residents – around 104 million people – inhabit just 11 out of 7,000-plus islands. Increasingly, its buzzing urban areas are attracting gastronomic pilgrimage, and the varied eating places in Manila celebrate the 19 regions you'd be hard-pressed to taste in just one trip.

Often referred to as the original fusion cuisine, Filipino food and drink embraces its cultural heritage as warmly as Filipinos welcome new friends. The vestiges of the Spanish Empire (including Mexico and Portugal) exhibit strong influence on native Austronesian dishes, with Chinese, Japanese, American and French culinary presences felt, too. This translates to reassuringly familiar dishes, like slow-cooked stews and Asian favourites, with flavours and textures from the local produce.

Hosts often ask, 'Ano yung lasa?' ('Does it taste good?' in Tagalog.) 'Lasa' means taste, but also conveys the concept of flavours in balance – umami, bitter, salty, sour, sweet, hot. So, the question more accurately means, 'Does it taste good *to you*?' Filipinos take no offence if you add salt or spice, knowing that balance is specific to individuals. Consequently, condiments and dipping sauces are myriad to suit your personal preferences.

> **"Lovers of no-waste and nose-to-tail eating are sure to find heaven here"**

You'll recognise some of the emerging food trends, but with a uniquely Filipino touch. Lovers of no-waste and nose-to-tail eating are sure to find heaven here, and the respect for seasonality underpins a love of fermentation and preserving, which sees produce conserved for use as flavourful ingredients out of season. Home-cooked dishes are given the restaurant treatment, but with reverence for heritage; and because few dishes are reliant on dairy or gluten, menus support health-conscious diners.

Sharing food and drink (especially al fresco) with friends and family is a credo of eating, extending past sharing plates to the 'boodle fight', where rice or noodles generously adorned with savoury delicacies are served on banana leaves on long tables, for eating in the 'kamayan' tradition (with your hands). If you prefer to eat with cutlery, however, mainstream Southeast Asian chopsticks are often eschewed in favour of forks and spoons.







Visit the picturesque island of Lakawon, near Manapla

Top 5 places to eat and drink

It's no surprise that a chef who trained at The Fat Duck is taking traditional food and reinventing it, but chef Jordy Navarra is doing this with Filipino food to such acclaim from critics and customers alike, that *Toyo Eatery* (*facebook.com/toyoeatery*) in chic Makati won the 2018 Miele One to Watch Award for Asia. (Tasting menu around Dhs192).

As the only historical global territory under the American flag that was exempt from prohibition law in 1920 (it's joked that not even prohibition agent Eliot Ness dared enforce temperance here), an ironic nod means hidden-away speakeasies like *ABV* (*abv.ph*) are now the trendiest nightspots. With some of the best bottles from around the world and the isles, they welcome all who admire a well-crafted tipple.

Rural Kitchen of Liliw, Laguna in Población (*facebook.com/ruralkitchenofliliwlaguna*), the burgeoning creative and cultural district of Makati, is well-suited to its surroundings. Offering unassuming but inventive dishes in a chic setting, this is a firm favourite of families and other local chefs. (Mains under Dhs38.)

Visit Sugarlandia (the local name for Negros Occidental, an hour from Manila), and you'll land in Bacolod, also known as the City of Smiles. There, you can indulge in island specialities like batchoy (rich noodle soup) at *21* (+63 34 433 4096), an elegant restaurant at affordable prices. Left to bubble all day, batchoy is at its most savoury after 2pm. (Mains from Dhs28.)

In Manapla, there's a once-in-a-lifetime food opportunity. By prior arrangement, you can be invited to dine on the heirloom recipes of *Hacienda Santa Rosalia* (+63 928 500 9105), an ancestral mansion owned by the Gaston family, who are pioneers of sugar cultivation. Lunch is a genteel affair, and you can take tea on the veranda overlooking the lush and verdant gardens while absorbing fascinating tales of local life.



Buy fresh produce at Tagbilaran fish market



Fried milkfish at Salcedo market



Try the octopus at Toyo Eatery

TRAVEL TIPS

Use your contacts

Such is the generosity of Filipinos that even a tenuous connection will welcome you to the best places to eat and shop. If you're invited to eat in a local home, accept. They'll likely have the inside track on pop-ups and festivals during your visit, too.

Visit the wet markets

Head to the culturally immersive 'dampa', selling every conceivable seafood. Ideally, go deep into the market with a Tagalog speaker to haggle, then select a restaurant to cook your purchases to your taste. For a small fee, you can choose a restaurant first and employ the negotiating skills of your waiter to buy your feast. (You'll find Seaside Dampa at Macapagal Boulevard in Pasay.) Also in Manila, visit the markets at Salcedo *(salcedomarket.org)* and Legazpi *(facebook.com/legazpisundaymarket)*.

Island hop for regionality

If you appreciate Europe's regional richness, you'll love the diversity of the gastronomic provinces here. Internal flight deals mean you can explore the soul foods of Pampanga, Ilocos, Bicol, Zamboanga or Cebu in their native, awe-inspiring landscapes; or have lunch on Luzon and nightcaps on Negros. (Philippines Airlines, Manila to Bacolod from Dhs139.)



A vibrant bowl of halo-halo

10 THINGS TO EAT AND DRINK



Inihaw na pusit



Sisig

1 Halo-halo epitomises the vibrancy of the Philippines. At its heart it is shaved ice drenched in evaporated milk with colourful ice creams and adornments, such as boiled sweet beans, leche flan (like crème caramel), fruit jelly, ube (purple yam paste redolent of vanilla and pistachio), coconut gel and exotic fruits like lychee. In Tagalog, halo-halo means 'mix-mix', as each spoonful offers a new blend of flavours and textures.

2 Kinilaw As you'd expect of this island nation, fresh seafood is in bountiful supply. Kinilaw is raw fish (often tuna or wahoo) cured in kalamansi (a tiny aromatic lime) juice or suka (vinegar), with ginger, onion, fiery indigenous chillies and coconut cream.

3 Sisig In the Philippines, pulutan is the tradition of sharing finger foods and drinks with friends. Sisig, which is a sizzling platter of shredded pork cheeks, ears and tail that's made salty and crispy, is a typical sharing dish that attests to the national ardour for nose-to-tail eating.

4 Locally produced rum Generous, hand-poured measures are the traditional culture and abundant sugar means you can buy a bottle of local rum for less than a bottle of water. However, insiders seek smooth, sipping premium rums, like local Don Papa, with its vanilla, warm honey and candied fruit notes.

5 Chicken inasal Al fresco eating is a national pastime and Filipinos are kings of the barbecue. Inasal is chicken (or pork) marinated in kalamansi, pepper, sugar cane vinegar and annatto seeds (for their peppery nutmeg flavour), then repeatedly basted with the marinade as it sears over hot coals.

6 Pancit Carbs are the foundation of each meal, and are accompanied by seafood, meats and veg. Rice is the mainstay, but noodles are adored, too. Pancit is noodles stir-fried with seasonal ingredients, such as Chinese sausage, seafood and fresh vegetables.

7 Lechon No Filipino feast is complete without lechon. Soy, garlic, and seasoning are massaged into pork skin to give succulent slow-roasted meat in a crisp crackling. Decadent variations of this showstopper are stuffed with sticky rice, chestnuts, salted egg, Chinese sausage, mushrooms, cashew nuts, ham, and truffles. Truly a bucket-list delicacy.

8 Kare kare Oxtail is braised and added to a thick savoury peanut sauce with banana flower or aubergine and seasonal veg. For seekers of authenticity, the dish is made punchier with bagoong, a condiment of fermented fish and salt.

9 Inihaw na pusit is squid stuffed with seasoned tomatoes and onions. Enjoy it dunked in toyomansi – one of the plethora of sawsawan (dipping sauces) loved by Filipinos for adding personalised flavour. Mixed to taste from soy, kalamansi and chillies, toyomansi brings zest, heat and umami to grilled dishes.

10 Puchero Filipino cooks prize puchero (old Spanish for a large, clay pot) for its nourishment and thrift. Recipes contain mixed meats, tomatoes, garlic, garden veg and carbs like potato and plantain. A light stew served on successive days, soup and meat components are served separately; with the soup sometimes drunk as a consommé or even chilled to gazpacho, until all is used.

IN THE KNOW

Local chef Victor Magsaysay recommends...

'In Manila, I love Toyo Eatery, as Jordy is such a creative chef. Also, Mecha Uma by Bruce Ricketts is incredible. On Luzon, seek out 25 Seeds by Sau Del Rosario – a stunning farm-to-table restaurant – and the seafood restaurants of Pundaquit and Subic in Zambales.' *Victor's hotly-anticipated hotel, The Población, opens soon.*



Stay

The choice of hotels in Manila (which will likely be your first stop) is vast – from super-hotels like the exquisite Fairmont Makati from Dhs530 (*fairmont.com/makati)* to bohemian chic at the Henry Hotel from Dhs308 (*manila.thehenryhotel.com*). For ease and expertise, independent luxury travel concierge, Papillon Travel organises bespoke tours and even your dinner reservations.

With thanks to Don Papa Rum *(donpaparum.com)* and Philippines Airlines *(philippinesairlines.com)* for their assistance.

Photographs GETTY IMAGES, THOMAS COCKREM/ALAMY STOCK PHOTO, LAKAWON RESORT

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

LONDON SOCIAL BRUNCH FOR 4 AT THE RITZ-CARLTON, DUBAI! WORTH DHS1,980

The Big Smoke is undeniably one of the biggest foodie capitals of the world, but why travel there when you can get the whole experience at London Social's buzzing brunch? Suitably awarded Dubai's Brunch of the Year, prepare to go on a dining spree from the spices of Brixton and Little Beirut, to the stalls of Chinatown, Little Italy, and Borough Market, along with classics like fish and chips.

In a setting as classic as it is relaxed, enjoy 12 live cooking stations dotted throughout the resort's gardens, traditional British drinks, a live band featuring British hits and completing the revelries, British themed desserts, table décor, trivia and quiz.



WIN!

A SUPERIOR BRUNCH STAYCATION FOR 2 AT THE ST. REGIS ABU DHABI! WORTH DHS1,400

Live exquisitely at The St. Regis Abu Dhabi and transcend your weekend to the next level of luxury with the award-winning Friday Brunch at The Terrace on the Corniche complemented by an overnight stay in one of the Superior Sea View rooms overlooking the turquoise waters of the Arabian Gulf located at the vibrant heart of Abu Dhabi.



WIN!

A 2-NIGHT STAY AT AVANI + SAMUI, THAILAND! WORTH DHS1,050

From diving into the ocean to experiencing its vibrant nightlife and all its attractions, a trip to Koh Samui offers up a line-up of exciting activities perfect for a mindful break from daily life.

Join the hotel's chef as he visits local markets and teaches guests a masterclass in preparing Thai cuisine. Embark on a sunset cruise exploring four of the 'Five Islands' or hike the beautiful surroundings of Koh Samui. Avani+ Samui also offers immersive meditation by inviting you to unwind with Muse, a device that calms your senses with its soothing sounds. Afterwards, try your hand at cycling, paddle boarding, painting repurposed disposable bins to be used in our green neighborhood or even massage therapy under the practiced hands of the AvaniSpa masseuse.



WIN!

A RESTORE AND RELAX PACKAGE FOR 2 AT DUBAI HERBAL & TREATMENT CENTRE! WORTH DHS1,150

Restore and relax at one Dubai's largest wellness centre – Dubai Herbal & Treatment Centre. This package for two includes a lunch/dinner for two at the award-winning eat well Restaurant and two 50-minute massages at the feel well retreat. Total package is worth Dhs1,150.



WIN!

A FAMILY VOUCHER FOR THE CARTOON BRUNCH AT MOVENPICK, JLT! WORTH DHS700

The Cartoon Brunch is inspired by fun and bright cartoons, bringing guests to an exciting journey of illustrative food stations presented in an innovative way. The buffet selection is guaranteed to deliver a huge rush of excitement with live tandoori kebabs, street food corner, poached seafood, sashimi and sushi station, Italian corner with delicious pizzas and pastas as well as a chocolate fountain in the desserts station to add flair. The little ones will be pleasantly surprised with the colours and grandeur presented every Friday mixed with a range of weekly cooking or baking classes, balloon binder entertainment in the privacy of the dedicated kids' corner; that boasts a 'Power Bites' buffet, face painting, movies, colouring mats, photo booth and other activities.



WIN!

FRIDAY BRUNCH FOR 2 AT TOSHI PAN ASIA RESTAURANT, GRAND MILLENNIUM DUBAI! WORTH DHS598

Taste the '7 flavours of Asia' at Toshi Restaurant at Grand Millennium Dubai Barsha Heights, offering a lavish buffet of specialty dishes from Japan, China, Singapore, Indonesia, Myanmar, Korea and Vietnam from 12pm until 4pm every Friday. Enjoy a culinary journey of delicious and abundant Asian food including Sushi, Sashimi and Maki rolls Dumplings, Dimsum, Noodles, Peking duck, Pad Thai, Satay Skewers, Mee Goreng, Beef Rendang, Nasi Goreng and more. Located on the 18th Floor overlooking the Palm Island and offering panoramic views of the Arabian Gulf and the city.



WIN!

A LOBSTER BAKE AT NOÉPE FOR 2! WORTH DHS590

NOÉPE, a stunning Cape Cod inspired al fresco restaurant, invites patrons to spend a relaxing afternoon by the water and sample a brand-new specialty lobster menu. Guests can indulge in a selection of shellfish delights such as lobster ceviche, boiled lobster, lobster rolls, lobster burger and much more, with refreshing beverages and breathtaking views of the iconic Dubai Skyline.



WIN!

A LAKEVIEW WHITE BRUNCH FOR 2! WORTH DHS590

With an all-white buffet style setup, Lakeview at Dubai Creek Golf & Yacht Club offers mix of tasty starters including sushi and variety of salads, as well as selection of savoury pastry and other bites. For the main course, enjoy a host of delicious mains from the buffet and sizzling live stations. To end the afternoon on a sweet note there is a selection of sharing style desserts served to the table that will have diners coming back for more. While indulging in the mouthwatering dishes, you can take part in 'music bingo' with a chance to win a one-hour BBQ Donut ride for five people.



WIN!

LUNCH OR DINNER FOR 2 AT BAB AL MANSOUR, THE BOULEVARD! WORTH DHS500

Win a lunch or dinner for 2 persons at one of the trendiest Moroccan restaurants in Dubai at Bab Al Mansour and enjoy famous Moroccan dishes with the sumptuous variety of authentic flavours and spices.



WIN!

DINNER AT BRASSERIE DU PARK! WORTH DHS500

A Mediterranean inspired favourite, Brasserie du Park, invites guests for an unforgettable dining experience. Serving irresistible sharing-style dishes such as the Feta and watermelon, Hummus Kawarma, Multigrain Tabbouleh, Kimali Pide, and Beef Cheek, guests are left coming back for more. The airy interiors and alfresco seating of the venue, combined with a relaxed atmosphere create the desired chic waterfront ambience, allowing guests to unwind and relish each dish they tuck into.



WIN!

A DINING VOUCHER FOR BEASTRO DUBAI! WORTH DHS500

BEASTRO is your brand-new, cool neighbourhood joint nestled in First Central Hotel Suites in Barsha Heights. The new hangout has been created by Canadian chef Patrick Lanteigne and focuses on fun and playful takes on comfort food that is set to change the way you think about the food that you love to eat. Grab your gang, choose your favourite board game and enjoy a mouth-watering selection of hearty bites from hot fried chicken to smashed burgers, all whilst enjoying a great playlist in an awesome setting. Kick back and enjoy locally roasted coffee, smoothies and mocktails alongside craveable cuisine that doesn't break the bank. Don't miss the Beast Mode Sundae, or the equally as delicious 'Irene's Doughnuts', created from a recipe passed down for three generations.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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Family Brunch



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